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# Reveal

## PLAGUED BY BITTER EXES

Why Taylor, Michelle and Emily are haunted  
by their men's former lovers

**TOWIE'S  
DANIELLE TALKS!**

'Me and Lockie  
were toxic  
together.  
It was an  
unhealthy  
addiction'



1-7 AUGUST 2015 \*T&Cs apply

30>  
ISSUE 30



HOW MUM-  
OF-FOUR  
NATASHA  
HAMILTON  
LOOKS LIKE  
THIS





"There's more to life than hair but it's a good place to start."

A U S S I E

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Taylor had some Twitter beef after being 'called out' by Nicki Minaj...

NICKI MINAJ @NICKIMINAJ · Jul 21  
If your video celebrates women with very slim bodies, you will be nominated for vid of the year 😊😊😊😊😊😊😊😊😊😊😊

Taylor Swift @taylorswift13  
@NICKIMINAJ I've done nothing but love & support you. It's unlike you to pit women against each other. Maybe one of the men took your slot..

NICKI MINAJ @NICKIMINAJ · Jul 21  
Huh? U must not be reading my tweets. Didn't say a word about u. I love u just as much. But u should speak on this. @taylorswift13

Taylor Swift @taylorswift13 · 18h  
I thought I was being called out. I missed the point, I misunderstood, then misspoke. I'm sorry, Nicki.  
@NICKIMINAJ

NICKI MINAJ @NICKIMINAJ · 17 hrs  
That means so much Taylor, thank you.  
@taylorswift13 ❤️❤️❤️



... but the Anaconda rapper insisted she wasn't directing her jibes at Taylor



But Bad Blood 'enemy' Katy Perry happily chirped up...

... as did Kim Kardashian West who referenced Kanye's dissing of Taylor

## THE WEEK EVERYONE TURNED ON TAYLOR

Taylor Swift is the most popular lady in the music biz – she's pals with everybody who's anybody. Or so we thought until last week when she unintentionally orchestrated a massive celebrity Twitter row.

It kicked off with bootylicious Nicki Minaj tweeting her frustration at missing out on a Video of the Year nomination at the MTV Video Music Awards, saying, 'If your video celebrates women with very slim bodies, you will be nominated for vid of the year.'

Taylor – who was nominated for *Bad Blood*, which features model pals Karlie Kloss and Cara Delevingne – hit back, thinking the dig was at her. Cue all hell breaking loose, and it wasn't long before other Tinseltown stars got caught up in the girls' row.

First up, Kim Kardashian West tweeted a picture of her *Vogue* Spain shoot with the caption, 'Imma let you finish but...' – the words hubby Kanye West used when he famously interrupted Taylor's acceptance speech after winning the same MTV award in 2009.

Kim denied it was aimed at Taylor, but Katy Perry enjoyed the jibes at her enemy (They fell out when Taylor hinted *Bad Blood* was about a 'rival' who stole her dancers for her tour, thought to be Katy).

Hours later, Bruno Mars and Ed Sheeran mocked the girls' catfight with their own pretend 'Twitter beef'. Taylor then put the row to bed, apologising to Nicki for 'misunderstanding' and 'misspeaking'. Phew....!

Photos Getty Images, Rex Features

## INSIDE YOUR REVEAL THIS WEEK...



12 Little Mixers Jesy and Perrie's wedding race



16 Kylie, Khloé and Kim's body obsessions



30 We talk to Holly from Geordie Shore



8 Gemma's shock U-turn

49 Six-page summer beauty awards special starts here...



We've tried and tested hundreds of beauty products to uncover the best of the best. Here are our winners...

model 44

# Plagued by b

## MARK LASHES OUT AT LAUREN 'TO PROTECT MICHELLE'



**M**ark Wright has spoken out about his ex-fiancée Lauren Goodger for the second time in as many months, saying he was doing so to 'protect' his new wife, Michelle Keegan.

Although the TV presenter publicly slated Lauren for talking about him in May, he's now given an interview explaining the motives behind his Twitter rant aimed at her.

On the site, Mark, 28, said, 'Please PLEASE respect my wife and STOP. Everyone has a past, get over it!!' after reading that Lauren had commented on his wedding.

It's clear Lauren's constant comments about Mark and Michelle, also 28 – plus her coincidentally holidaying in Dubai at the same time they were there on honeymoon – has got Michelle's back up.

When asked if he tweeted Lauren in order to protect his wife, Mark said, 'You've just hit the nail on the head.'

'When [Lauren speaks about me] time and time again I feel like a bit of a mug if I don't say anything back. I had to stand up for myself and my wife and beg her to stop. I hope she'd now feel silly to try again.'

'I've still got a heart, I'm still a person and I want to say how I feel. When someone holds the power to keep letting everyone be reminded about your past, what else can you do?'

It's not the first time Michelle's reportedly been annoyed with Lauren's meddling.

Last year, it was reported the former *Coronation Street* actress messaged Lauren, 28, to confront

her after Lauren tweeted, 'I'm not going to be the girl you marry, but I'll be the girl you'll be thinking of 20 years from now while you engage in polite sex with your boring wife.'

At the time, a source said, 'Michelle got hold of Lauren's number and messaged her to say back off and leave them be.'

'Lauren insisted it was nothing to do with her and told Michelle not to be so self-involved.'

This latest drama comes after Lauren – who dated her former *TOWIE* co-star for 10 years, splitting a year before he began dating Michelle in late 2012 – tweeted on the eve of the wedding, 'She's the kind of girl a guy meets when he's too young and he f\*\*\*s up because there's too much living to do. But later he realises she's perfect.'

Lauren said she was referring to Jake McLean, her ex who she had secretly reunited with.

But the timing of the tweet, plus her arrival in Dubai, was too much for Mark, who admitted he 'snapped' when he posted his rant days after his wedding.

He said, 'I felt that way after seeing her tweets, columns, interviews and having a picture taken with someone who has the same name as me [Lauren met *The Apprentice* winner, Mark Wright]...'

'I retweeted other people's comments to make a point that that's what other people were seeing. It wasn't just me thinking it.'

**Rebecca Greenow**

**It's thought that Michelle Keegan has been getting annoyed with Lauren's meddling**



**The pair tied the knot at the end of May**

Instagram/jesswright77



**Lauren and Jake have recently got back together**

Instagram/laurenrosegoodger

**She flew to Dubai for a holiday while Mark and Michelle were honeymooning there**



# itter exes



Peter Andre and his  
new wife Emily MacDonagh  
want to move on from his past

## EMILY: 'I'M SO OVER BEING IN KATIE'S SHADOW'

**N**eutralweds Peter Andre and Emily MacDonagh would be settling in to married bliss right now, if one major problem wasn't getting in the way.

Just days after their nuptials, Pete's relationship with his ex-wife, Katie Price, was dredged up in public once again as he was quizzed about their family life during a court case.

Unsurprisingly, Emily, 25, is pretty fed up with the turn of events.

'She supported Pete through the case but has been

telling friends that she is fed up with the 'Katie and Peter' show.'

The pair split up six years ago and since then Pete, 42, has met, married and had a daughter with Emily, so it's no wonder that the newly qualified doctor is exasperated that his past is coming back to haunt them.

Pete's been a witness in a court battle between ITV and TV producer Neville Hendricks, who is seeking damages after his reality show with Pete was cancelled.

During the trial, unsavoury allegations from Pete's past surfaced and at one point the star had to discuss false Twitter claims that he paid women for sex, as well as talking about his relationship with Katie.

'It's not just this – Pete's past comes up all the time,' continues our source. 'There's a pending court case with Katie later this year, she calls the kids 10 times

Pete has had to discuss his relationship with ex Katie Price during a recent trial

a day when they're with Pete... the list goes on.

Emily loves Pete but hates his past. The problem is, Emily's so busy with the baby and Pete's older kids, not to mention her career as a doctor, she doesn't want to spend her time with Pete having to deal with stories about Katie.'

For his part, singer Pete has been making it very clear that Emily comes first. He's been sharing loads of PDAs on Instagram, gushing about his 'beautiful' new wife on Twitter and even cooing about milestone moments with Emily.

One picture was captioned, 'Carrying my new wife over the threshold.'

However, there's no getting away from the fact that Pete's presence in court meant the pair had to postpone their honeymoon.

Emily always dreamed of leaving her wedding and getting whisked away to a hot destination somewhere, which didn't happen. Now, family and friends are putting the pressure on Pete to book the honeymoon. His management wanted him to stay in the country for the duration of the court case but Emily has told him outright that isn't happening.'

Meanwhile, Katie, 37, has been doing her best to overshadow Pete and Emily's happiness. What with her discussing her energetic sex life with hubby Kieran, and reportedly gloating over the revelations

from the trial, it's no wonder Emily's not happy.

'She wonders if things will ever change and thinks perhaps she needs to separate her life from his somehow. All her friends live miles away, so she wants to be with them more, but worries that will draw a line between them both,' adds our source.

Emily is excited about her life with Pete but worries that Katie's shadow will always haunt them.'

Hannah Doyle



Pete and Emily can't escape Katie and Kieran

Turn over for more ➔

# Plagued by bitter exes

## EX RITA HITS A NERVE WITH TAYLOR

Taylor Swift painted Lady Gaga as her relationship fairy godmother last week after thanking her for inadvertently helping her find her Prince Charming in DJ Calvin Harris.

And she's likely to cast his ex-girlfriend Rita Ora as the wicked queen if her behaviour over the past few weeks is anything to go by.

Fresh from Calvin professing his love for girlfriend Taylor, 25, last week for the first time in a rare interview, his ex Rita took the chance to announce she was back on the market after splitting from boyfriend of 12 months, Ricky Hilfiger. Talk about bad timing.

Dumfries-born Calvin, 31, gushed that his six-month relationship with Taylor is 'going absolutely fantastic' and that he's 'insanely happy' with the *Bad Blood* singer. In a radio interview, he admitted, 'It's not even a case of ticking all the boxes. It's like there's boxes I didn't know existed which she ticks. It's really ridiculous. But, yeah, she does an incredible BBQ and she's genuinely an incredible cook and human being.'

Rita, 24, is said to be leaning on friends after she and fashion designer Tommy Hilfiger's son Ricky mutually decided to end their year-long romance.

'Rita and Ricky have split for good this time. It's amicable between them and they both made the decision to call it a day due to their work schedules,' said a source.

'They've been on and off for a while,' says our source. 'He's based in LA and she's in London now she's doing *The X Factor* and is making her new album there, so she'll be there for the rest of the year. But he has commitments to his music career and fashion line overseas, too.'

News of the split is sure to put Taylor –

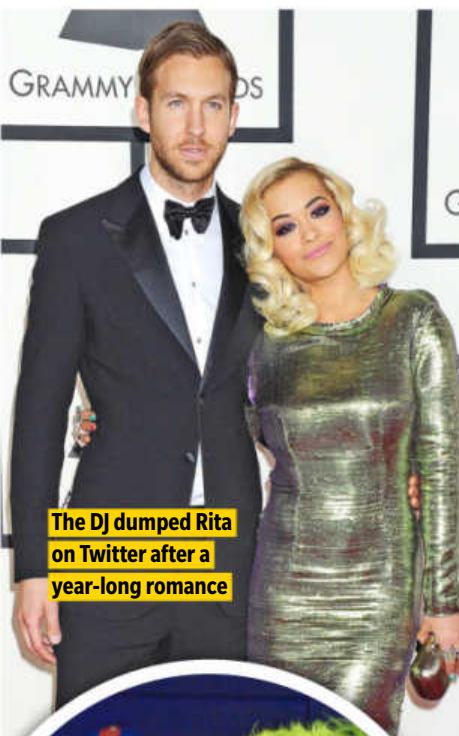


Calvin said things with Taylor were 'absolutely fantastic'

who hasn't had the easiest of weeks – on high alert. Especially after a series of jibes Rita's made, seemingly in spite, after splitting less than amicably with Calvin in June 2014.

Rita took her first swipe when she revealed Calvin purposely pulled the tracks they collaborated on pre-split to stop her earning subsequent royalties.

She also admitted recently, 'I'm afraid of being alone... I'm not afraid to admit that, you know. I'm not embarrassed to admit



The DJ dumped Rita on Twitter after a year-long romance



Rita and Ricky split amicably last week

that. I just hope it's not a never-ending cycle. Sometimes love just makes you feel crazy.'

Her next thinly-veiled dig was in an interview with our sister magazine, *Cosmopolitan*, describing Calvin as 'the right guy at the wrong time.'

The star said, 'I thought he had my back. It was more of a thing where I was in awe. I was at that point in my relationship where I felt he could do no wrong. I thought he had my back and that he'd never steer me wrong.' Of their split, she added, 'I don't know if it was because business was mixed with personal or what.'

Rita performed her latest single *Poison* at Radio 1's Big Weekend in Norwich in May, ironically taking to the stage just before Taylor.

The track is about her relationship with Calvin and includes the lyrics, 'I could have beer for breakfast, my sanity for lunch, trying to get over how bad I want you so much.'

Likewise, Calvin's soppy words about Taylor are sure to have hit a nerve with Rita. After all, Calvin kept famously schtum on their own year-long romance, never publicly complimenting her, then dumping her on Twitter when the relationship came to its untimely end.

**Emma Hunt**



A U S S I E

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The TOWIE star walked out after 72 hours – but could be going back to the jungle



Can the glamorous reality TV star face her fears second time around?

# 'GET ME BACK IN THERE!'



Gemma hated her time in the jungle last year

She may have walked out after just three days in the jungle last year, but Gemma Collins is said to be in 'advanced talks' with ITV bosses to make a shock return to *I'm A Celebrity... Get Me Out Of Here!* for its 15th season, airing later this year.

Having claimed that the experience would lead her to quit TV for good, the *TOWIE* star, 34, who walked out after complaining of starvation, is now said to be up for giving it another go.

A source said, 'Although Gemma's last stint in the jungle was a disaster she made great TV. Telly bosses are fascinated to see if she can overcome her fears and stay for the duration.'

Former soap star Danniella Westbrook, 41, who's struggled with drug addiction, is also rumoured to be going into the jungle. We can't wait!



Danniella Westbrook could be one of this year's contestants



We're used to people oversharing on social media, but our eyesight was harmed last week by images of both Millie Mackintosh and Miley Cyrus indulging in some hair removal.

For Miley, 22, it was, unsurprisingly, a self-uploaded image showing a pal waxing her armpit. The singer, who's known for being anything but discreet, then shared a disgusting second pic of the used wax strip, captioned, 'Ew #rip #pit @bradpitt.'

However, unfortunately for Millie, 25, it was her mean hubby Professor Green who uploaded the intimate snap, after barging in while she was shaving in the bath.

## THE WEEK OF TMI

# ROBBIE'S ROARING PANTS

Since first sporting his tiger underpants in his *Rock DJ* video in 2000, Robbie Williams has offered fans a cringey throwback. The singer has dug out the jazzy undies and was spotted wearing them twice in two weeks.

Robbie, 41, was pictured wearing the Y-fronts on a family holiday in Italy, and then the father-of-two flashed his pants, which were hidden under a black kilt, on stage in Switzerland.

We hope they've had a clean since 2000, Rob!

Katherine Parkes



## MOUTHY MARNIE!



# Girl, look at that body!

Atomic Kitten's Natasha Hamilton is a mum-of-four and looks like this! How?

**W**owza! She may have had four kids but Atomic Kitten's Natasha Hamilton is showing off a body that any childless twentysomething would envy.

The 33-year-old Scouser was clearly loving life as she sipped champers and boogied with her girlfriends at Ibiza's swanky Ocean Beach Club pool party.

Natasha only gave birth to her fourth child, daughter Ella Rose, by 5ive's Ritchie Neville, in September. She's also mum to sons Josh, 12, Harry, 10, and four-year-old Alfie from previous relationships.

So just how does she keep such a toned bod?

An insider has let us in on some of Natasha's top health secrets.

As well as keeping in shape with energetic dance performances with her band, we're told, 'Natasha eats Paleo during the week and is a bit more relaxed about the junk at the weekends. She cooks clean and doesn't overdo the carbs.'

The Paleo Diet is also known as the 'caveman diet', as it means cutting out processed food and only eating things that our ancient ancestors might have foraged, such as fruit, vegetables, meat, fish and eggs.

Not only is it great for healthy skin

and a strong immune system, it speeds up the metabolism so there's no need to count the calories!

On top of that, we're told Natasha's a fan of Tabata – high-intensity interval training – and circuit training, which she does at home instead of the gym so she can squeeze in the time when her older kids are at school or Ella Rose is having a nap.

If these pics aren't motivation enough, we don't know what is (obviously said as we tuck into biccies #fail.)

Rebecca Greenow



The Atomic Kitten singer got down to some Balearic beats



No wonder Natasha's smiling – she looks fab

## Work it, Britney

**O**h, and Britney Spears obviously got the memo to make us all jel, too, as she posted this picture of her and her boys, Sean, nine, and Jayden, eight, on a family holiday in Hawaii.

Newly single Britney, 33, looks fab in her itsy-bitsy bikini. The Work B\*\*ch singer – who sang the lyrics, 'You wanna look good in a bikini? You better work, b\*\*ch!' – recently said, 'I'm really into raw food – basically sushi. And to work out, I start with 20 minutes of running, then move on to body-weight exercises such as push-ups, squats and sit-ups, then finish it off with a stretch.'



Instagram @britneyspears



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# Perrie and Jesy's race TO THE ALTAR

With newly engaged Jesy Nelson keen to marry, and Perrie Edwards delaying her wedding, which Little Mixer will be the first down the aisle with their pop star fiancé?

**H**ow about this for a marriage proposal: pop star Ed Sheeran serenading you with your favourite song before your handsome fella slips a diamond rock on your finger. Not bad, eh?

So no wonder Little Mix's Jesy Nelson can't wait to marry Rixton singer Jake Roche as quickly as possible after he did this for her last week.

Jake's excited mum, Coleen Nolan, confirmed to her *Loose Women* co-stars that the newly engaged couple won't want a long engagement, saying, 'Although they're young, they're just so in love, I can't see [the wedding] being five or six years away. I think they'll be getting straight onto it, in the next year or two.'

Sharing the moment on Instagram (read about his romantic proposal, right), Jake, 22, said, 'A year ago today I met Jesy at Manchester Arena, so it was only right, with a little help from my friend [Ed Sheeran] that this happened.'

Best day of my life.' Ahh.

But while Jesy, 24, celebrated that evening with her new fiancé and her bandmates, spare a thought for Perrie Edwards, who's been engaged to Zayn Malik for two years and may understandably be feeling overshadowed by the second Little Mix engagement.

Perrie has yet to set a date for her wedding, so she must now be feeling the pressure to make it down the aisle before her friend.

Many girls in her position would feel the same way – Jennifer Aniston and her *Friends* co-star and BFF, Courteney Cox, reportedly had a wedding war in 2014 after Courteney's quickie engagement to Snow Patrol rocker Johnny McDaid. It's claimed Jen – who'd been engaged to actor

Justin Theroux for two (now three!) years – feared Courteney would be a bride before her.

## PERRIE AND ZAYN'S UPS AND DOWNS

Even Jake's grand proposal is a contrast to Zayn's intimate proposal in 2013, in which he asked for Perrie's hand in marriage while watching a film in his mum's garden.

The former One Direction singer said, 'We were watching a film in the back garden and her mum was there, my mum was there, my two best mates were there which was quite sick... And that's it, she said yeah, which is quite sick!'

On top of that, while all eyes have been on cute couple Jesy and Jake, Perrie's relationship with Zayn has often come under the spotlight for the wrong reasons.

Perrie, 22, was spotted without her engagement ring (although she said it was at the cleaners) in May, after allegations that Zayn had cheated on her with *Love Island*'s Lauren Richardson in Thailand, claims both he and Lauren deny.

Zayn tweeted at the time, 'I'm 22 years old... I love a girl named Perrie Edwards. And there's a lot of jealous f\*\*\*s in this world. I'm sorry for what it looks like.'

It was this incident that led to him quitting One Direction.



**Reveal says**

'C'mon ladies, we want a Little Mix wedding! Soon!'



In 2013, Australian waitress Courtney Webb took pictures of Zayn sleeping topless in a hotel bed.

While less than a year after Zayn and Perrie started dating in 2012, a video emerged of him asking a dancer to 'come back to my [hotel] room in half an hour' while on tour.

We told you a fortnight ago how it's Zayn who's been pushing for Perrie to set a date, while she's been dragging her feet.

A source said, 'Zayn would walk down the aisle tomorrow. He's set the end of the year as a turning point and won't be happy if a date isn't confirmed by then.'

'He's tired of the waiting and has made his feelings pretty clear.'

Up until now, Perrie's insisted she's too busy to tie the knot.

She recently said, 'I don't know when the

wedding will be but I'm so busy with Little Mix now.'

In June she joked she was fed up of speaking about the wedding, saying, 'I'm sick of being asked, "When is the wedding? When is the wedding?" I'll get married when I'm bloody ready!'

Even Zayn's younger sister, Doniya, agreed last month, 'I haven't actually had any wedding talks with Zayn and Perrie yet. I'd say there's a good couple of years left until that. We haven't really spoken about it.'

But with the other Little Mix girls excitedly gearing up for Jesy's wedding, after such a long engagement chances are Perrie will want to be the first of the group to make it down the aisle...

**Rebecca Greenow**

## INSIDE JAKE'S ROMANTIC PROPOSAL!



Rixton star Jake Roche's proposal was no ordinary one. He roped in superstar pal Ed Sheeran, who drove for five hours just to serenade his girl with the couple's favourite song, then Jake pulled out a diamond sparkler while Jesy was on stage at the Manchester Arena rehearsing with Little Mix.

Jake explained later that it was a year to the day that he had met his future wife at the same venue. Jesy then wore her massive rock and performed with her Little Mixers before the gang headed to Jake's mum's Coleen Nolan's house for a party.

Coleen said, 'They were soundchecking when Ed Sheeran just appeared from nowhere. He came out singing *Tenerife Sea*, Jesy turned round and said, "That's my favourite song," and then Jake came on behind him and got down on one knee. It was fabulous.'

Coleen said her son had been so nervous he couldn't remember exactly what he'd said to Jesy!

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# THE SCANDAL THAT AGED Demi overnight

Following a shock fatality at her home, Demi Moore stepped out looking unrecognisable last week

Demi Moore is famed not only for her movie career, but also for her age-defying looks.

She's one of the most glamorous mums in Hollywood, with even her eldest daughter, Rumer, 26, admitting to being jealous of her youthful beauty.

And, as a self-confessed fan of surgery, on which she was rumoured to have spent over £220,000 before her role in *Charlie's Angels: Full Throttle* in 2003, we're used to seeing the star's skin looking like that of someone half her age.

So when we saw this picture of Demi, 52, looking more fragile than ever, it's fair to say we were shocked.

Emerging in New York for the first time since a tragic accidental death at her LA home on 19 July, Demi looked unusually exhausted as

she covered up in a hat and a paisley playsuit for a designer shopping trip with daughters Scout, 24, and Tallulah, 21.

Onlookers were shocked at the toll the tragedy seemed to have taken on the actress's appearance – she looks to have aged around a decade in just days.

Demi's nightmare began over a week ago, when a 21-year-old man, Edenilson Steven Valle, was found dead,



**Fun times at the pool... but tragedy struck weeks later**



having drowned in the pool in the grounds of her Beverly Hills home, at a house party held by her assistant. According to the coroner's report, he had gone missing for 10 to 15 minutes before his friends found him floating in the deep end at 5.30am.

And, while a neighbour of the star claimed that her children had been staying at her LA abode for weeks, 'throwing parties every day, day and night', in this instance, the whole family were away from the property celebrating her daughter Scout's 24th birthday together in New York.

The actress said in a statement that she was in 'absolute shock' at the terrible news, and explained, 'I was out of the country, travelling to meet my daughters when I got the devastating news.'

'The loss of a child is an unthinkable tragedy, and my heart goes out to this young man's family and friends. I ask that you please respect the privacy of all concerned during this sensitive time.'

The tragedy must have been traumatic for the whole family, with Demi's youngest, Tallulah, having shared a photo just three weeks before of a similar celebration, captioned: 'this picture doesn't do justice to the glory that was our pool party last night'.

**Katherine Parkes**

# OBSESSED WITH TH

After a tumultuous few months, Kardashian sisters Kim, Kourtney and Kylie are hell-bent on perfecting their bodies. Is it just a case of wanting to shape up, or are they developing unhealthy obsessions?

## KIM'S FOOD FIXATION

Following the May announcement that she was expecting her second child, Kim Kardashian-West was targeted by cruel online trolls, who claimed she and husband Kanye West had hired a secret surrogate after months of fertility treatments.

Because unlike first time round, when she suffered from water retention and pre-eclampsia (a condition that can cause weight gain), Kim, 34, showed no hint of a bump for almost three months into her second pregnancy.

But after pictures of Kim looking noticeably larger surfaced recently, the mum-of-one is hitting back at her critics.

'I secretly loved the rumours I was faking my pregnancy because I was so skinny! LOL Well can't hide it now! 5 month (20 weeks) and 20lbs up,' Kim tweeted last week.

But the announcement is bittersweet, as Kim is now faced with the same battle against excessive weight gain she had while pregnant with North, despite being determined not to pile on the pounds.

But while Kim, who put on around 50lb through her first pregnancy, is trying to avoid stodgy treats, she has inadvertently become fixated with food.

### MISSING HER SWEET TREATS

Up until recent weeks, selfie queen Kim's Instagram account was an outlet for her to share as many nude pictures of her famous derriere – coated in everything from silver paint, to mud – as humanly possible.

But now you'd be mistaken for thinking you'd stumbled upon the like of Gordon Ramsay's profile, as Kim's page is littered with pictures of delish dishes instead.

Last week, the star, who is due to give birth to a boy in December, posted a series of adorable pictures of her daughter North West indulging in everything from pancakes to chocolate cake [See page 43].

Feeling left out, Kim then tweeted a picture of her and Kanye indulging in ice-cream cones, captioned: '#NationalIceCreamDay'.

Yet her tweets could hardly be more misleading. In fact, she and Kanye are having their meals cooked by a

nutritionist, and Kim recently chose to eat a salad at a promo shoot for Carl's Jr. burger company.

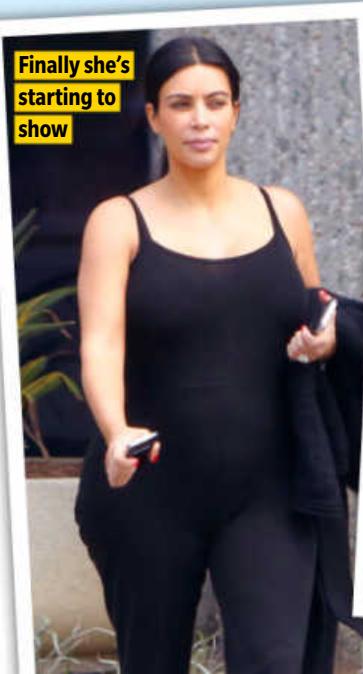
During Caitlyn Jenner's new reality series, *I Am Cait*, Kim is also seen complaining that she can't find any clothes to fit her, while struggling to zip up her skirt.

But there looked to be light at the end of the tunnel when, ahead of her recent trip to Paris, Kim tweeted: 'In Paris a few days, who else will eat my fav foods with me then have pregnancy wardrobe fittings!'

**Cognitive behavioural therapist Kerry Smith, from efficacy.org.uk, says, 'Anyone who's expecting should be aware of the recommended range of weight gain during pregnancy, and to remain active, adjusting the level and type of exercise as pregnancy progresses. However, an obsessive focus on minimising weight gain through restrictive food intake suggests a strong aesthetic pressure to retain pre-pregnancy body shape and weight. For those in the public eye, like Kim, this pressure is likely to be even more pronounced. Ideally, a balanced approach is recommended, with focus on health as well as physical appearance.'**



Kanye and Kim:  
licking themselves  
into shape?



# THEIR BODIES

## KOURTNEY'S WORRYING WORKOUTS

**T**hey ended their nine-year relationship last month amidst claims of infidelity on his part. But Scott Disick and Kourtney Kardashian have dealt with their messy split in very different ways.

Kourtney, who has three children – Mason, five, Penelope, three and seven-month-old Reign – with Scott, ordered him to move out over the July 4th weekend, telling him his notorious party-boy antics and yet more cheating claims were the final straw.

And while, unsurprisingly, Scott's method of revenge was to hire a luxury yacht for a week of debauchery (during which he was spotted cosying up to his ex-girlfriend, Chloe Bartoli), Kourtney opted to show Scott what he's missing by gaining One. Killer. Bod.

She's been training hard three to five times a week with personal trainer Don Brooks – who promises his 'Don-A-Matrix' method (which involves a variety of high-octane moves within the space of an hour) is rated 'R for results'.

Recent Instagram posts show Kourtney's hard work is certainly paying off but, while she's clearly putting the hours in, the eldest Kardashian admitted she's becoming 'addicted' to exercise.

She tweeted last week: 'Working out becomes addicting. Early morning workout with my@khloekardashian,' following her previous post, 'Workouts that make you go ahhh.'

Kourtney has also been hitting the gym with her sisters and a group of friends she calls 'the workout mummies'.

### TAKING BACK CONTROL

Ironically, it was Scott who first tried to bully Kourtney into losing her pregnancy weight.

After giving birth to Penelope in 2012, *Keeping Up With The Kardashians*, fans were shocked when Kourtney confided in



Showing off the results of punishing gym sessions



All smiles last month, before the split

Turn over for more ➔



She appears to have a lot more front these days



Kylie Jenner / SNAPCHAT

## KYLIE'S SURGERY SHOPPING LIST

**I**t seems that life in the spotlight has proved too much pressure for the youngest member of reality TV's most famous family, who graduated from high school last week.

Plagued by insecurity, naturally pretty Kylie Jenner, 17, finally admitted to having lip fillers in May, and was then forced to address rumours that she'd had breast enlargement surgery last month.

In a SnapChat video, she said, 'To whoever thinks I had breast implants, there's a whole lot of tape in here, holding these suckers up,' before flashing said tape.

And now, insiders say she's already compiled a shopping list of cosmetic surgery procedures – including booking a consultation for a butt lift.

They tell us, 'Her friends and family are concerned that Kylie is in danger of becoming addicted to plastic surgery.'

Despite her denials, experts say it's highly unlikely that her breast lift is down to just tape. In fact, she appears to have gone from a B-cup to a D-cup.

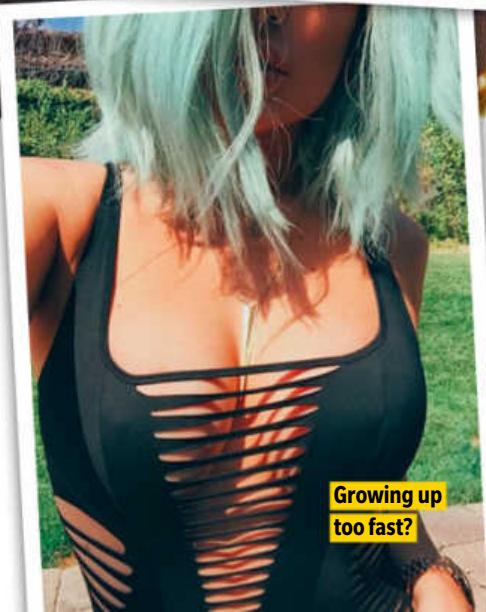
'She also feels her bum is too flat, but she plans to enhance it with several silicone injections so it doesn't look too obvious.'

But, while mum and manager Kris Jenner is reportedly supportive of her daughter's decision, perhaps believing it could boost ratings for the show, Kylie's elder sister Khloé is concerned she's taking it too far.

'It's only Khloé who is pushing Kylie to get help with her addiction,' our source adds.

Therapist Kerry thinks Kylie's reliance on surgery could be down to her failure to cope with emotional distress, perhaps related to her dad's gender transition, which she's struggled with. 'Most psychologists recognise a difference between emotional distress related to a body issue which can be specifically addressed, and those who request a list of "improvements" in order to consider themselves attractive,' she says. 'Underlying psychological issues can sometimes manifest in an over-focus on attaining physical "perfection".'

Lauren Hills



F&F

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★★★★★

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Home boy Dappy with  
Kaye Vassell and their  
sons Milo and Gino

## DAPPY'S DADDY DAY CARE

He may have a reputation for being the party boy of N-Dubz, but Dappy has quit his extravagant lifestyle to concentrate on being a dad to his two boys, Gino and Milo.

And after finding out the hard way the difficulties of juggling fatherhood with touring, Dappy, 28, had a few words of advice for soon-to-be-dad, One Direction's Louis Tomlinson.

'When my first son [Gino] was born, I was still in N-Dubz and it was crazy,' Dappy explains. 'All I could do was try and get back as much as I could. They came to see me wherever I was, too. But I had to calm down and stop the partying and crazy nights out.'

'I've done it and it didn't destroy me, so I know Louis will be fine. He's got cash so the kid will be alright and I don't think he'll need to leave the band. He'll be a good father. I do recommend that he gets a nanny though. It really helped me and Kaye,' adds the singer.

Although Dappy clearly sees the importance of his family, he says he can't understand Louis' ex-bandmate Zayn Malik's reasoning for leaving 1D at the height of their global success.

'I don't know why that boy would leave,' Dappy says. 'Maybe in his head he was thinking, "I can leave, I can do this myself, I've got a bird and I love her," but he'll definitely regret that one day. He's silly to have left such a successful band.'

'When you think of the band, you immediately think of Zayn and Harry. Now he's gone, I don't know if they'll survive.'

While N-Dubz split to work on their own individual projects back in 2011, Dappy also says he remains close to his cousin and ex-bandmate, Tulisa Contostavlos.

'Tulisa sees my kids a lot now,' Dappy says. 'They call her Auntie T. They love her, she's great with them.'

Just recently Tulisa, 27, was looking better than ever after months spent out of the spotlight, as she joined Little Mix to celebrate their latest No.1 success for their new single, *Black Magic*.

The former *X Factor* judge, who guided Little Mix to victory in 2011, showcased her petite frame in a red halter neck dress and Louboutins.

**Dappy performs at Total Access Live, Betley Concerts, Stoke, on 15 August**



N-Dubz bandmate  
Tulisa was out and  
about to celebrate  
Little Mix's No.1

# REBEL WITHOUT WINGS

Living up to her name, *Pitch Perfect* star Rebel Wilson took the plunge in Ibiza and dared to try out the latest celeb craze – flyboarding!

Aussie actress Rebel, 35, was having a great time as she enjoyed the watersport with boyfriend Mickey Gooch Jr (below). Flyboarding involves being thrust into the air by jets of water, imitating the feeling of flying.



## MUMMY BILLI'S A NATURAL

We're all used to seeing new mums in the spotlight wearing full slap, days after giving birth.

So when we saw pictures of ex-TOWIE star and WAG Billi Mucklow looking, well, normal, six weeks after giving birth, we were certainly relieved!

Having zero qualms over her appearance, Billi, 27, whose fiancé is footballer Andy Carroll, sported hair curlers and inside-out PJs as she embarked on a leisurely Essex stroll with her mother and baby son, Arlo. Good for you, down-to-earth Billi!

*Katherine Parkes*

## RITA'S RIPPED

Never one to shy away from a daring fashion choice, Rita Ora displayed another wacky outfit during *The X Factor* auditions in London.

Sporting what looked to be an off-the-shoulder suit design, Rita, 24, bravely rocked the outfit, despite it looking as though someone had torn her sleeve.

Pssh, what a rip-off...



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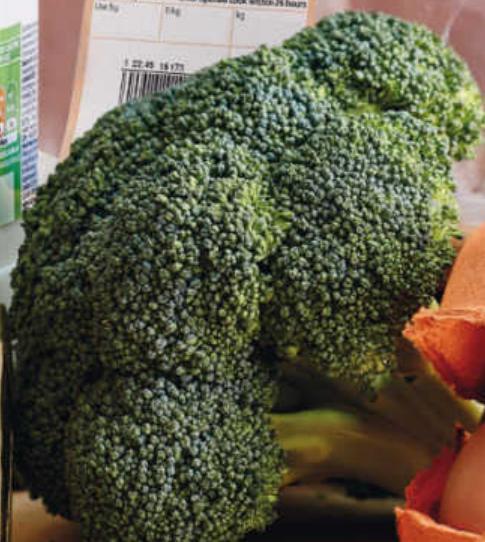
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Myleene's been vocal about business and personal matters



Graham, who left her in 2012, posted a bitter rant about his ex on Twitter

# MYLEENE & GRAHAM'S war of words

Myleene Klass's ex-husband brands her 'embarrassing' and accuses her of telling lies to boost her career

**I**t's been three years since Myleene Klass and former hubby Graham Quinn were granted a quickie divorce after just six months of marriage, but the pair clearly still have axes to grind.

Last week, angry Graham, 41, tweeted, 'Thank you for once again slandering my name in the papers to promote yourself, it's frankly embarrassing and complete lies. I've stayed quiet for three years now, but enough is enough. Please explain to me how I took your money? I lost so much money from our divorce and our house that we bought together.'

## FUELING THE FIRE

Graham's rant came after an interview with Myleene was published, in which she bemoaned making the celebrity bodyguard joint director of the company set up to handle her estimated £11million fortune.

Myleene, 37, said, 'I'll never let that happen again, so help me God. If I'd decided to

gamble with my money, I could take that, but someone taking it... No.'

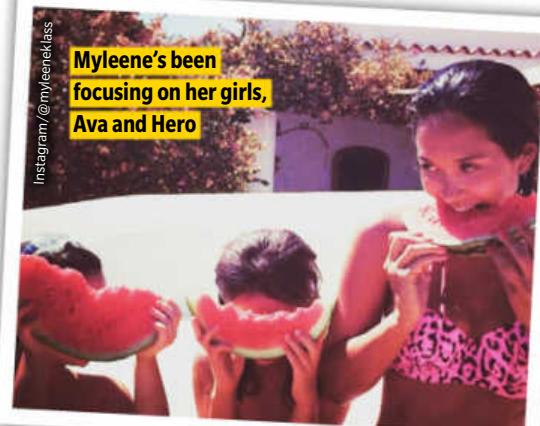
Continuing to vent, Graham, who has daughters Ava, seven, and four-year-old Hero with Myleene, added, 'One day I hope you will put the interests of your children first and let them see their father. Instead of focusing on what lies you can tell to boost your career.'

Days later, in another interview, Myleene told of her sadness when their marriage ended. 'I felt so betrayed and crushed. But I couldn't wallow in it. I said to my mum and dad, "I'm broken, but I will not sink."

## CAN'T LET IT GO

The star, who's been busy posting bikini selfies on Instagram while on holiday with her kids, hinted at the reason behind the split.

'How did I think it was OK for [Graham] to say he needed to go out and buy milk on Christmas Day? The kind of rubbish that, if I read it in a magazine,



Myleene's been focusing on her girls, Ava and Hero

I'd be screaming, "What are you doing?" But no one will ever put me through that again,' Myleene said.

'My girlfriends told me to turn up that little voice inside my head again, but I put it aside because I wanted it to work.'

When Myleene and Graham split in 2012, after an 11-year romance, it was reported that he'd walked out on her 34th birthday after six months of marriage.

She has since dated a mystery man, but they broke up earlier this year. Meanwhile, Graham has been on tour with pop band The Vamps. He posted a poignant message to his daughter Hero in May: 'Happy 4th birthday to my little bear, love you always, miss you every day I'm away.'

Hannah Doyle



Before it went horribly wrong: loved-up in 2005



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**James Lock and Danielle Armstrong have ended their rocky relationship**



**She dumped him while they holidayed with the rest of TOWIE in Marbs**



# 'I WAS ADDICTED TO JAMES BUT I'M *never going back*'

After they ended their relationship for good, we catch up with a heartbroken Danielle Armstrong on why she'll never go back to 'toxic' James Lock

Their relationship has been fraught with rows and cheating scandals, so it came as no surprise when Danielle Armstrong and James Lock ended their tumultuous two-and-a-half-year romance.

And hopes of a reunion were dashed during *TOWIE's* season finale last week, when they agreed to part ways for good.

The closure on their relationship comes just weeks after the cast's annual jaunt to Marbella, where James impulsively purchased an engagement ring in a last-ditch attempt to win over Danielle, 27.

But his seemingly flawless plan to pop the question was turned on its head when she dumped him on the spot.

She fled the Spanish restaurant in floods of tears, after telling James, 27, she couldn't cope with his unpredictable mood swings – just weeks after they had moved into their first home together.

Following last Wednesday's episode, Danielle tells us that her tears haven't stopped since their split – which she had secretly hoped would be a wake-up call for James.

'A little part of me thought we could

get back together after Marbella. I just couldn't let him go.'

'He promised me he would take up counselling for his anger issues. He told me he loved me and would prove to me he had changed,' she says.

'James and I have gone through more drama than a couple on *EastEnders*, but we were so determined and so adamant that we could make it work. We weren't on and off like most *TOWIE* couples.'

'But I can tell you that I am done with James Lock. It was an unhealthy and toxic relationship. We were addicted to each other but there's no going back.'

## **HE SAID HE WOULD CHANGE'**

Danielle does admit, however, that their relationship had been hanging by a thread for months due to James' temper.

'On her birthday in May, he threw a card at her in the supermarket, shouting, 'Here's your f\*\*\*ing birthday card.'

'We had such a love/hate relationship, and it got to the stage where we were fighting more than we were getting on. It started as one row a week, but went up to three or four,' she admits.

'We are both fiery and our arguments were bad. We were in a never-ending cycle of rowing and making up.'

'He once ripped out the rail in our bedroom wardrobe in a temper. It wasn't normal.'

'But he told me he was ready to change, otherwise I wouldn't have given our relationship another go.'

Danielle says she was upset and confused by James' on-screen confession that he wasn't ready to settle down.

'It was unfair that he blamed it on me. I didn't force him to buy the engagement ring and there is absolutely no way I would have said yes,' the reality star says.

'I miss him at home. Sometimes I feel like Bridget Jones with a bottle of vodka and a tub of Häagen-Dazs,' Danielle jokes.

'I mope around and look at all the things we bought for our home.'

Danielle says her biggest mistake is



# back'

## Reveal says

'It sounds like you're better off without him, Dani!'

Twitter/Daniarmstrong88

**Just because I let you go, doesn't mean I wanted too.**

curiano.com

Danielle posted a meaningful quote on Twitter and then posed in an appropriate T-shirt



Danielle found out James had invited newbie Verity back to his flat after a night out

that she believed 'a leopard could change his spots' and that bad boy James would clean up his act.

Yet the reality for Danielle couldn't have been further from the hopes she had harboured of a rom-com worthy reunion.

### 'VERITY ISN'T THE REASON WE SPLIT UP'

The past few weeks have seen James swap counselling for clubbing, and his wild antics came to a head last week when Danielle discovered he had invited *TOWIE* newbie Verity Chapman back to his flat after a night out.

The incident, which was filmed by their co-star Vas Morgan, followed a night at Chelmsford nightclub Faces, where Verity jokingly stroked James' arm and openly flirted with him in front of Danielle.

'I was so disappointed in him. James is a party boy and, deep down, I've always known that,' Danielle says.

'Maybe I was a bit too naive at the beginning of our relationship. There were lots of cheating allegations and now it's made me doubt whether James was ever telling the truth.'

'Verity isn't the reason behind our split, but I was upset by the way I was treated that night.'

'I would have fallen to bits right there if Jess [Wright] and Chloe [Sims] hadn't been there to support me. They've been so great, as both of them have been through break-ups, too.'

The tables later turned when Verity's love interest, fellow newbie Peter Wicks, flirted with Jess during the cast's carnival-themed party – but sympathetic Danielle

says she won't be gloating about it.

'I know people are saying it's karma, but I feel sorry for her. I know how horrible it is when you have feelings for someone and they are publicly thrown back in your face.'

**Lauren Hills**



Twitter/Daniarmstrong88



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# IS J-LAW MORPHING INTO Gwyneth?

Jennifer Lawrence, 24, is set to become neighbours with Gwyneth Paltrow, 42. And it seems Chris Martin's 'consciously uncoupled' ex-wife and his new girlfriend have more in common than we thought...

## TALKING NONSENSE

Jennifer Lawrence used to be cool. She would trip over her own dress on the Oscars red carpet and joke about farting. We thought: There's no way she'd come out with the same pretentious lines as fellow actress Gwyneth, with our fave being, 'When I pass a flowering zucchini plant in a garden, my heart skips a beat.' But, earlier this month, Jen got 'H2O' tattooed on her wrist – to remind her to drink enough water. She said, 'I was like "Well I'm always gonna need to be hydrated, so I guess I should just get H2O on my hand." Cough.

## POTENTIAL NEIGHBOURS

New York is a big place, yet Jennifer is looking for a new pad close to Chris' ex. An estate agent for the area said, 'Jen's been looking at apartments within walking distance of Gwyneth's house in Tribeca.' So far she's looked at three flats in the hood, with the furthest one just a three-minute walk from Gwyneth's place. Note to Jen: Just don't plant any 'zucchinis' in your garden, otherwise you'll never get rid of her!

## SIMILAR LOOKS

Jen looks more like Gwyneth by the day, and when she stepped out in San Diego earlier this month, we did a double-take. Hello longer, blonder hair and a more slender figure, similar to health-conscious Gwyneth.

## BELTING OUT TUNES

Jennifer broke into *Believe* by Cher on US chat show *Conan* recently. And who can forget Gwynnie doing the same in 2013 when she impersonated Jay-Z, Beyoncé and even then hubby, Chris, on *The Ellen DeGeneres Show*. Spooky!

## X-MEN v IRON MAN

Not everybody gets to hang out with superheroes, yet Gwyneth has portrayed Iron Man's love interest, Pepper Potts, in the movies since 2008, while Jen played Mystique in *X-Men*. Just a coincidence? We think not.

**Rebecca Greenow**

Gwyneth and Jen have both burst into song on TV shows



And one last thing...

The only thing the *Hunger Games* star has yet to master is how to yawn the Gwynnie way. Gwyneth explained the art of yawning on her Goop website a fortnight ago, advising to 'gently tip your head back' and 'contract the back of the throat as if to perform Ujjayi breathing – a whispery breath... Once the yawn comes, reach and extend into it, riding the yawn to stretch the jaw muscles.' You'll know for next time, Jen...



# 'MY BODY'S NO but'

Holly Hagan talks strong not skinny, shelving plans for a boob reduction and why she'd quit *Geordie Shore* for Kyle Christie...

**S**croll through Holly Hagan's Instagram feed and you'll find endless snaps of her fabulous figure, with the *Geordie Shore* star's slim waist and bootylicious bod taking centre stage.

'I'm definitely confident with my figure,' says Holly, who dropped from a size 16 to an 8. 'I'm in the right BMI range for my height, and I want to promote being fit, healthy and strong.'

We love the 23-year-old's message, particularly because it's been a struggle for her to get here. Holly used to surf pro-anorexia websites and crash-diet in a bid to get thin. After finding fame in 2011, she learned about

nutrition and the star's since launched Body Bible, a diet and fitness planner so popular that she's inundated with before and after pictures from fans who credit her with their weight loss.

'I've always said that I'm not a role model, but some people do look up to me in that respect. I don't want to get too skinny.'

#### 'I'VE STILL GOT WOBBLY BITS'

Holly had a boob job when she was only 18 and recently talked of plans for a reduction. 'I have lost weight and my boobs don't match my body now,' the star tells us. 'They look great in bikinis, but can make me look bigger than I am in clothes. However, I think it's unnecessary to go under the knife when I don't need to, so I don't think it will happen any time soon.'

She's just finished filming series 11 of *Geordie Shore* in Greece and took a break from her diet during the trip. 'I've been having a bit of time out and I'm probably 5lb heavier, but I'm not bothered. In Greece, it was the first time I walked around in a bikini and didn't feel embarrassed or



Holly was a size 16 when she shot to fame

Instagram @hollyashore

Caped sleeve playsuit, £15, Lasula

# T PERFECT, A BIT WOBBLY - *I'm happy'*

ashamed. Yeah, I've still got wobbly bits, I've not got a perfect body and I have areas that I need to work on, but I feel healthy and that's a massive change. Filming in Greece was much easier than Newcastle, it was all Greek salads rather than kebabs every night.'

Talking of Newcastle, Holly has to smile when she thinks about her look in the early days of *Geordie Shore*. 'I was a size 16 wearing size 8 dresses. As you grow up,

you learn more about what suits your style.'

In fact, Ms Hagan has just launched a new fashion line with Lasula, including a range for curvier figures. 'Some items go up to a size 26,' she says.

'I wanted to make sure that everybody can wear my range.'

As for her old style...

'I looked awful, but I used to go out and feel amazing! I didn't really care.'

Not really caring is something Holly's had to rely on as her fame has grown. Even now, at a slim size 8, she faces criticism for her figure. 'You read comments on the Mail Online, and if you look a little bit bad in one picture, people pick up on it. But I'm confident enough to think, "I feel happy with my body."

Holly's not only matured, she's also developed business acumen and would love Katie Price to wear her new collection. 'It would get a lot of coverage!'

## ROCKY RELATIONSHIP

But while business is booming, things aren't running so smoothly in Holly's private life, and the star is no longer labelling her relationship with co-star Kyle Christie, 23.

'We go through a lot of sh\*t in this series, and it's been really hard for us.'

I'd say that we're happy now, but we're taking things really slow to try and get back to how we used to be. There are problems that need ironing out.'

What kind of problems? 'To be honest, it's the show,' Holly sighs sadly. 'It's everyone else getting involved in our relationship. Trying to split my time between Kyle and the girls was hard, and I felt like I was letting everybody down. That nobody understood.'

In the last series, Holly temporarily left the *Geordie Shore* house to figure out if she

and Kyle should be together. They ended the series happy and committed, but the latest round of filming has left Holly questioning whether she should leave the show for good.

'I think about it a lot,' she admits. 'I'm not the same person who walked into that show. I'm not the 18-year-old who was getting her t\*ts out. And I feel like there are more important things in life – me and Kyle being good is one of them.'

**Hannah Doyle**

Check out Holly's collection at [lasula.co.uk](http://lasula.co.uk)



The reality TV star isn't putting a label on her relationship with Kyle



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## HOLLY'S NEW RANGE

› Like A Boss  
jumpsuit, £25

› Multiway  
dress, £30

# I WANT what she's got!

We show you where the celebs have been shopping this week

## VICKY PATTISON

If you've got any late summer weddings to go to, take a leaf out of Vicky Pattison's book. The *Judge Geordie* star looks pretty as a picture in this cute navy and pink floral prom dress by AX Paris. Just add a cropped blazer and you're occasion-ready.



AX  
PARIS  
£40



## SAM FAIERS

Fashionista Sam shows that a faux-suede trench is just what we need in our autumn wardrobes for an oh-so-subtle 70s vibe. And, it's actually affordable. Win!



LIPSY  
£80



IN THE STYLE  
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## LEIGH-ANNE PINNOCK

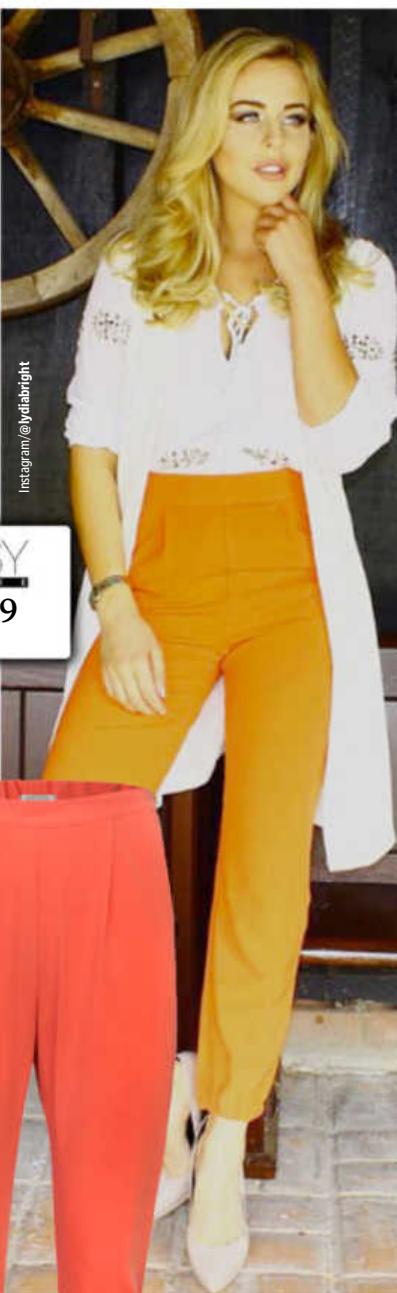
The Little Mixer rocks stripes in this plunging monochrome jumpsuit, accessorised to perfection with 90s throwback gold hoops. Loving your style, Leigh-Anne.





## LYDIA BRIGHT

Lyds gives a masterclass in how to wear brights, pairing her zingy tangerine tress with crisp white for a punchy summer look. Follow Lydia's lead with a pair of leg-lengthening nude heels and you're away.



Instagram/@lydiabright



MISSY  
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MISSY  
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## LAUREN POPE

TOWIE girl Lauren knows that less is more, and her statement trouser suit doesn't need much in the way of embellishment. But her sculptural pewter-coloured clutch is all she needs to take this look from plain to perfect.



# WE CAN'T HELP IT - we're secret shoppers

The average Brit spends £1,600 in secret a year. Here, three retail addicts tell us how they hide their shocking shopping habits from their other halves...



**'I EVEN HIDE MY SHOPPING FROM MYSELF'**

HELEN COOK, 40, A CARER, FROM BOURNEMOUTH, DORSET, SAYS...

**G**rowing up, my family didn't have very much, so if I ever got sweets or a comic, I developed the habit of hiding them. It might sound crazy, but when I discovered them, I got to experience the thrill of getting something new again.

Even though I'm now an adult with three children of my own, I still hide things, although these days, it's tops and shoes rather than stickers or toys. And, to be honest, I'm no longer trying to conceal my buys just from myself but from my husband Jay, 34, a tattooist, too.

Sometimes my furtive hoarding actually works to his advantage, because the other day, he was moaning that his shoes were hurting, and I realised that I'd bought him some new ones a while back and I'd hidden them in the boot of my car. He was delighted.

I don't think what I am doing is



She keeps her purchases hidden from her hubby, Jay

unusual, because the other day I was in TK Maxx and two women at the tills started joking about how they sneak their shopping bags past their partners. I gave them a knowing look and the three of us burst out laughing.

I go a step further by hiding stuff from myself, too, but I never spend a fortune, and I tend to treat Jay and the kids more than myself. Besides, by the time I get to enjoy my hidden treasures, they're no longer new, so it's time to go shopping all over again.'



**'I USE FAKE CARRIER BAGS'**

RACHEL BUCKMASTER, 21, FROM COLCHESTER, ESSEX, HAS JUST GRADUATED FROM UNIVERSITY AND RUNS HER OWN NAPPY DISTRIBUTION BUSINESS. SHE SAYS...

**E**very time I go shopping I tell my boyfriend, Rhys, that I'm popping out for a few essentials and he completely believes me.

But the truth is I can't go near the high street without spending a small fortune, and I have a weakness for expensive shops like Jack Wills, Kurt Geiger and Karen Millen. The other day I wasn't looking for anything, but somehow I came home with a £400 jacket from French Connection.

I don't live with Rhys, 22, and we don't have a joint bank account, so what I spend is my business. But, as he is so sensible and only buys what he needs, I decided when we got together five months ago that I needed a trick to cover up my spending. So, now I take home everything I buy in

# et spenders



**She disguises her buys from boyfriend Rhys in bags from cheaper stores**

a carrier bag from Primark or New Look.

Lately though, Rhys has been suggesting that we should hit the shops together, which would be a nightmare as I'd have to rein myself in. He'd be horrified if he knew I spend around £1,500 on clothes a month.

At the moment, I fund my expensive 'habit' with a generous allowance from my dad and income from my business, Wholesale Nappies. But I know that if I ever want to buy a house or learn to drive, I'll have to curtail my spending.

So I'm starting to limit myself, but I'm not ready to chuck out my bogus bags yet.'

**KATIE WHITNEY, 26, A HEALTHCARE ASSISTANT FROM BRIDLINGTON, YORKSHIRE, SAYS...**

**T**he other day, my husband Paul, 38, flicked through a catalogue that had just landed on our doormat and his eyes baulked at the prices.

"£38 for a vest!" he said – the same vest that I'd recently bought. Thinking quickly, I said that was the catalogue price but I got it cheaper online, for just £12. With that, the wool was firmly pulled over Paul's eyes. Little did he need to know that I paid the full price.

Paul is a bouncer and isn't interested in my shopping habits. I buy all his clothes and as long as he thinks I'm getting a discount and hitting the sales,

he doesn't question the deliveries we have. When I told him that his new three-pack of Calvin Klein boxer shorts only cost £10, he believed me. He even compliments me on my savvy shopping!

Pretending I bought everything at a cut price just comes naturally to me now. Partly I'm kidding myself, so that I can carry on shopping.

I shop almost every day. We're going on holiday to Lanzarote soon and everything we're taking is new, even the suitcases.

As long as Paul doesn't see price tags, he doesn't ask questions. He'll text me to tell me another package has arrived and I reply, "Don't open it, it's a surprise!"

The only surprise would be the true price, but by the time I've got home Paul's forgotten all about it anyway.'

**Kim Willis & Lucy Benyon**



**Katie plans to keep hiding her receipts showing the real prices**

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# 5 THINGS YOU DIDN'T KNOW ABOUT... Mary Berry

We uncover the secret life of the Great British Bake Off's Mary Berry, 80

## BAKING'S IN HER GENES

Mary adopted her love of baking from her great-great-grandfather, Robert Houghton, who served as a village baker in the 1860s. She describes home economics as 'the only thing I ever got good marks in'.

Mary moved to a flatshare in London in her 20s (her parents wouldn't let her move out until she was 21) and, after testing ovens for an electrical company for a short time, she went on to develop recipes for the Dutch Dairy Board.

After begging her boss to fund her tuition fees, Mary moved to Paris to study at the famous cookery school, Le Cordon Bleu – where she lived in a youth hostel and ate baguettes for dinner. Incidentally, her first 'proper meal' in Paris was horse meat. Mary cried all of the way through it, while thinking of her pony back home in Bath!

## 2 HER BRUSH WITH DEATH

At the age of 13, Mary was diagnosed with life-threatening polio and admitted to hospital for three months. 'It is a chapter in my life I rarely talk about, one that left my spine permanently twisted, my left arm thinner and my left hand much weaker than my right,' she has said.

## WORKING HER WAY UP FROM THE 'SOGGY' BOTTOM

After struggling through cookery school, Mary landed her big break when she became the food editor for Housewife magazine in 1966, writing her first cookery book in 1970. She made her TV breakthrough in 1971 for talk show Good Afternoon!

Mary has since written over 40 cookbooks and assumed she was 'too old' for TV before landing her GBBO judging role in 2010.

1



On the TV show Good Afternoon!, back in 1976

3

Mary's Zara bomber quickly sold out after she wore it on GBBO!

**Reveal says**

'Roff on the new series on Wednesday 5 August'

4

## LOSING HER SON

Tragically, at the age of 19, Mary's son William, whom she describes as a 'wonderful young man', died in a car crash when he popped out to buy papers with sister Annabel. 'We were lucky I still had a daughter,' Mary says. [She also has another son, Thomas.] 'My first thought was, "Oh no, please not two". You learn to live with it and say, "Thank you" for having him. He was a smashing chap.'



Mary with husband Paul in 2012, being presented with her CBE

5

## MARY'S ALTER-EGO 'BEZZA'

Although Mary is very much a traditional wife to her husband of 49 years, Paul Hunnings, she

also knows how to let her perfectly-coiffed hair down!

This could be why Mary (who her co-stars have affectionately dubbed 'Bezza') was voted number 74 in this year's FHM's Sexiest 100 Women, and why actor Danny Dyer once tried to snog her at an awards bash!

Great British Bake Off presenter Sue Perkins, who let it slip that Mary once partied into the early hours at Ibiza nightclub Pacha, said, 'Mary likes a tipple. She decided it was a good idea to start on the Tequila Slammers. There was no facial reaction, just [mimes drinking] on to the next one.'

Mary also told Piers Morgan that she tried her first cigarette at the age of eight! Whatever next?

A Reveal promotion

# Eastern belle

Inspired by exotic escapes, find summer's prettiest look in ornate blossom prints and feminine silhouettes in the softest of shades

## #FASHION UNEXPECTED

**N**othing says summer like florals. This year, instead of ditsy prints or bygone blooms, be inspired by a far-flung island paradise. Think exotic orchids, scented jasmine and long summer nights...



Wendy Rigg,  
Reveal's Fashion  
Director

### Flattering florals

- Soft pinks and greys will flatter you whatever your skin tone, making this one of the most wearable trends around.
- These are holiday wardrobe heroes, perfect with sandals for daytime, then glammed up with heels and sparkle for evening cocktails. Plus the bold print won't show creases easily.
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Black and gold  
two-part sandal, £8



Printed crochet-collar  
blouse, £12



Floral palazzo  
pants, £14

Wendy's  
fashion  
pick

Diamond dust  
necklace, £6



Cream Crochet  
Ballet £10



Diamond dust  
necklace, £6



Rose gold drop  
earrings, £3

Six-pack beaded  
bracelets, £8

Floral-print batwing  
dress, £14

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£35



## GAGA FOR GIGI

If Gigi Hadid hasn't registered on your radar (where have you been exactly? Pluto?), then get ready for Gigi mania. The model is already the face of Maybelline and counts Kendall Jenner and Taylor Swift as pals, and she's about to add Topshop to her list of 'been there, done that'. Gigi is the star of Topshop's new autumn campaign, knocking Cara Delevingne off her perch. Fashionista likes what she sees... and that grey faux-fur jacket's a bit of alright, too.

## DANCING QUEEN

**R**ochelle Humes' latest collection for very.co.uk lands this week – and she's got everything you need to nail the 70s this season. From a show-stealing satin thigh-split maxi dress to the perfect button-through suede skirt, and a white trouser suit any style icon would be proud of, I can't wait to get my mitts on this little lot.



£59



£49



Rihanna's ready for bed as she nips from studio to hotel. What next? Slipper socks!?

## DESTINATION GORGEOUS

**M**y holiday beauty bag has to look #Shelfie-ready (that's an Instagram snap of a beautiful bathroom shelf, FYI) and Corioliss Vintage Floral Travel Hairdryer, £27.99, [hairtrade.com](http://hairtrade.com), is top of my pretty, portable picks. With two speed settings and a pouch to stash it in, it beats hotel hairdryers hands down.





## KARA & MATT HOT NEW COUPLE

**K**ara Tointon has been spotted looking very cosy indeed with TV presenter Matt Johnson. The pair were seen getting handsy at a pub in West London recently, with one onlooker revealing, 'They looked very close, touching each other, and Matt put his arm around her at one point. They held hands as they walked. They looked very loved-up.' Oh là là!

*Mr Selfridge* star Kara, 31, split from *Strictly* pro Artem Chigvintsev last year, while 32-year-old Matt was forced to deny rumours that he'd been seeing three members of the *Made in Chelsea* cast at the same time last October.



# COUPLES CONFIDENTIAL

Your weekly temperature check on celeb romances



## GREG & SHERIDAN 'I DIDN'T CHEAT'

**W**e felt for Greg Wood when we heard he's going all-out to prove he didn't cheat on girlfriend Sheridan Smith, and has offered to hand over his phone as evidence.

Sheridan dumped her *Hollyoaks* actor beau after reportedly learning that he'd been doing the dirty on her with co-star Tamara Wall.

A friend of the divorced dad-of-three, who plays Trevor in the C4 show, said, 'He'll do whatever it takes to win her back.'

After Sheridan, 34, learned of Greg's alleged infidelity, she took to Twitter to say she'd been hurt by an 'idiot boy' and 'felt like s\*\*t.'



### THE ROCKY ROAD OF LOVE



CARA DELEVINGNE, 22

**HARRY STYLES - 2012**  
Cara had a high-profile hook-up with One Direction lothario Harry Styles, 21, in 2012, but the romance was short-lived. Cara reportedly ended it because her model agency thought the dalliance was too 'low rent'!



**GAZ BEADLE - 2013**  
Speaking of low rent, Cara moved on to a phone fling with *Geordie Shore*'s Gaz Beadle, 26. No, really! Gaz said the aristo teased him about his accent in 2013.





## BEN & KRISTINA TROUBLE WITH THE EX

**T**hey're reportedly opening up to pals about their new relationship, but it's come at a price for *Strictly Come Dancing* pro Kristina Rihanoff, 37, and rugby player Ben Cohen, 36.

The couple, paired up for the 2013 contest, have faced the wrath of Ben's estranged wife, Abby, who tagged Kristina in a comment about karma that read, 'One tree makes a million match sticks. Only one match stick needed to burn a million trees. So be good... and do good.'

Abby, (left) who split with Ben in September, then said, 'Some people... leave footprints on our hearts, then they make us want to leave footprints on their face...'

One Twitter user reportedly criticised Kristina for 'sh\*\*ting other women's husbands', and the dancer, who has now set her Twitter profile to 'private', is said to have retaliated with: 'How pathetic your life must be.'

Abby and former England star Ben have two daughters together, and had been married for 13 years before their split. When rumours about Ben and Kristina emerged last year, Kristina, who previously dated boxer Joe Calzaghe, denied that anything had happened.

It's thought that Abby is now filing for divorce, while Kristina is said to have plans for a tell-all book.



JAKE BUGG - 2013

The supermodel also dated Jake Bugg, 21, that year, but the shy musician backed off when the tabloids took an interest. 'It was quite intense - flashing cameras and all that crap,' he said.



MICHELLE RODRIGUEZ - 2014  
The 37-year-old actress became Cara's first high-profile girlfriend, and she spent the best part of 2014 locking lips with her.



## KATE & JAMIE HEADING FOR A SPLIT?

**C**ould Kate Moss and hubby Jamie Hince be on the brink of a break-up? It's thought the couple haven't spoken 'for weeks' after an almighty row.

'Things are so bad that they have been avoiding being at their place at the same time,' said a source.

Another pal added, 'They've been arguing recently, so they're each doing their own thing. They've always had plenty of their own friends and interests.'

The Kills guitarist, 46, and his 41-year-old wife tied the knot in 2011, but recently, differences in opinion have threatened their happy marriage. It's believed that Kate disapproves of Jamie's friendship with socialite Lady Mary Charteris and her hubby Robbie Furze. She was also reportedly disappointed when Jamie failed to make it back to the UK for her best friend Sadie Frost's 50th birthday party. Meanwhile, Jamie partied at Glastonbury – one of Kate's fave festivals – alone this summer.



Photos: Barbara/Corbis/INFphoto.com, Getty, Terry Harris/Rex Shutterstock, Instagram, Rex, Splash/WENN.com, Xposurephotos.com

### ST VINCENT - 2014-PRESENT

By December 2014, Cara had moved on to singer St Vincent, 32. She confirmed the relationship and came out this June, saying, 'I think that being in love with my girlfriend is a big part of why I'm feeling so happy with who I am these days.' Rumours last week suggested the pair had split, but it's now thought they're still together.



Hannah Doyle



## DAVINA'S DIVE

She's renowned as a fitness guru as much as a TV presenter.

So it's no surprise that Davina McCall was keen to show off her incredible figure and diving skills last week as she enjoyed some time off in the Azores Islands.

Davina, 47, originally posted an image of her backwards dive. But after followers believed she may have failed in her attempt, the mother-of-three posted a slow-mo video of her powerful backwards dive, captioned, 'For those of you who thought it was a back flop! to prove she had the moves.

Can we have your figure and your athletic prowess please, Davina?



## MARIAH'S SHOE STASH

Mariah Carey, 45, gave fans a glimpse of her impressive shoe collection last week, which included an enviable 95 pairs of gold-hued heels.

Captioning the image, the long-time diva said of her enviable stash, 'Always my favorite room in the house... #shoes #shoes #moreshoes'. We're totes not jealous, Mariah... #shoegoals



## DAVID SNAPS A SELFIE

David Beckham proved he's just like us last week, after he was caught taking a shameless streetside selfie.

Wearing a white T-shirt and black jeans, David, 40, casually sipped on a smoothie as he smouldered for the camera – unintentionally showing men everywhere just how selfies should be done.

Sigh, can Becks do NO wrong?



Nori looked adorable  
as she made a mess  
of her sweet treat



## NAUGHTY NORTH

Kim Kardashian West once again proved that her daughter North West might just be the cutest celeb kid around, after posting an adorable pic of her covered in chocolate!

In the before and after-style pics, 34-year-old Kim's followers saw little Nori, two, holding a chocolate chip pancake, before a second shot showed her lips coated with its chocolate filling in a failed attempt to eat the sweet treat. Could she be any cuter?

## DIRTY DAWG DEAN

Soap star Dean Gaffney has revealed all on his sordid cheating habits which saw the end of his 22-year relationship.

Dean, 37, who is best known for playing Robbie Jackson in *EastEnders*, admitted that he had enjoyed 'countless' encounters with 'busty women from Bognor to Skegness', including porn star Linsey Dawn McKenzie, which even left his co-star Danny Dyer in awe of his womanising ways.

Dean said, 'Danny got told by someone that he looked a little like me, and he responded by saying, "I only wish I had the life of the legend Dean Gaffney."

Dean then went on to explain why he selected specific areas for his pick-ups as he revealed, 'Being on a TV soap doesn't

The self-proclaimed playboy had a steamy fling with porn star Linsey Dawn McKenzie

mean as much in London, because you have people like David Beckham around town. But the further you go outside the M25, the more impressed people are with you. Women would just walk up to me in nightclubs and make it clear they wanted a good time.'



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# I HAVEN'T HAD A 20 year

Super-mum Kathy Proudfoot cares for her children and husband while working full-time. Though she certainly deserves one, there's no time for a break...

For most of us, the idea of going on holiday after working flat-out and scrimping to save those hard-earned pennies is what gets us through the year.

But for the majority of the UK's seven million unpaid carers, the idea of a holiday is just a dream. A survey by Carers Trust shows that 68 per cent won't go away this year, half haven't had a break for between one and five years, and a quarter haven't had a holiday in the last five years. In fact, 30 per cent never get any sort of break.

It's something that super-mum Kathy Proudfoot understands only too well. Between caring for her two children who, because of an extremely rare genetic disorder, rely on her for everything, providing practical and emotional support for her husband, Ian, who has a neurological condition that leaves him needing a wheelchair, and working four days a week, there is, unsurprisingly, very little time left for Kathy.

But even though she hasn't had a holiday in 20 years, you won't find this positive, upbeat mum complaining.

'I don't know how I manage it all sometimes,' she laughs. 'But my family always come first.'

Now 42, Kathy was just 23 the last time she went away – to Turkey for a week on honeymoon with her first husband.

Their son Jack came along in 1999. 'When he was born, he screamed all the time,' says Kathy. 'I knew something wasn't right but the doctor kept saying, "You've never had a baby before, you'll be fine."

'When Lucy was born in 2003, I knew she was the same as Jack – the second and third toes joined, upturned nose, droopy eyes, crying all the time.'

'But it wasn't until Lucy was two years old that a geneticist discovered

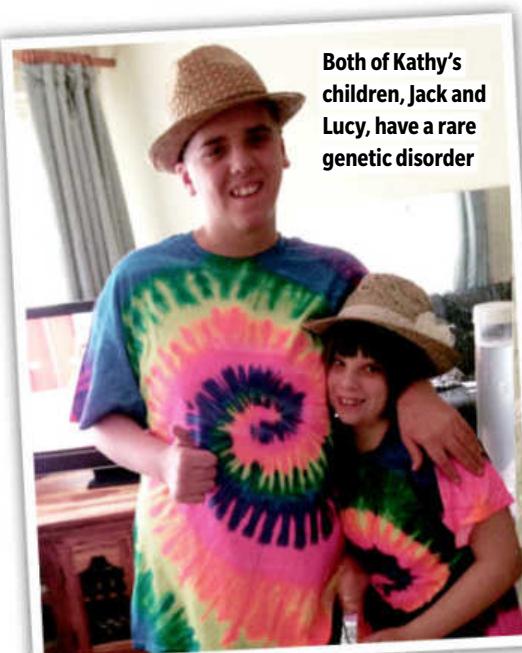
what was going on.'

Jack and Lucy, now 11, were diagnosed with Smith Lemli Opitz syndrome. They have severe learning difficulties, autism, anxiety and sleep and behavioural problems. 'In many ways they are still like babies,' says Kathy. 'I have to spoon-feed them and change their nappies.'

Jack and Lucy have an innocent view of the world. When friends talk about their kids doing GCSEs or learning to drive, it's heartbreaking, as I know my children won't ever know how to read or write or drive a car. They'll never have that independence.

'Jack is 16, he's 6ft and 13st, yet he wouldn't eat, drink, have a shower or put a coat on unless I prompted him to. We have the same conversations every single day – the other day he asked me the same question 27 times in 13 minutes! But he is the funniest person I know. He makes me laugh so much.'

Both of Kathy's children, Jack and Lucy, have a rare genetic disorder



Jack and Lucy attend a highly specialised school 30 minutes away from their home in Port Talbot, which they share with Kathy's husband, Ian. The pair got together in 2005 after her first marriage broke down due to stress.

'I was surprised anyone would want to join this circus!' laughs Kathy. 'Even on our wedding day I was on the floor changing nappies in my wedding dress!'

An experienced diver, Ian, 54, was left with a debilitating condition after coming into contact with untreated sewage 18 years ago. The former nurse was left with constant pain in his back, legs and shoulders, and relies on walking sticks or a wheelchair to get around. He now works part-time from home as an advocate for people with disabilities.

Kathy is also a carers' development officer for a local authority, finding ways to give better support to carers in her area.

'It's a constant balancing act,' she says.

'We get funding for 12 hours of help from support workers per week and Carers Trust have helped us with emergency care. My employer is really flexible, too. I couldn't make it work otherwise.'

'The summer holidays are difficult, though. The kids like a set routine. When school is closed, Jack cries. They can't go to swimming club or summer camp like other children. Even the cinema reduces them to tears because it's too loud.'

'A family holiday is impossible. We've tried twice – we went to Center Parcs and to Yorkshire. It was a logistical nightmare, with all the medication and equipment we had to pack. Jack and Lucy cried and cried, so we came home the next day. It's just not worth putting them through it.'

'Ian and I have never had a weekend away. We tried for our honeymoon – he booked us two nights in Bath – but Jack got a tummy bug and I couldn't leave him. What if something had happened while I wasn't there?'

Kathy would happily settle for a quick break. 'Sometimes I'll think to myself, "Right, I'm going for a walk today." Then someone will get ill or upset. But I'm used to it. You just get on with it, don't you?'

**Su Karney**

Reveal *real lives*

# HOLIDAY IN cars

Kathy and Ian have  
never been away –  
not even on  
honeymoon



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4* Best Western Marks Tey Hotel, Colchester	<b>£70</b>
4* Alexandra House, Swindon	<b>£75</b>
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4* Ramada Birmingham North Cannock, Cannock	<b>£75</b>
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# 'I'D BE UP FOR DATING KENDALL JENNER'

After his latest love split, Nick Jonas talks romance with Kim's little sister, secret love advice from Taylor Swift, and working up a sweat with Calvin Harris

**N**ick Jonas has barely been single for five minutes and already he's gearing up for new romance – with Kendall Jenner.

The US pop heart-throb tells us that brother Joe, who's romancing Kendall's BFF Gigi Hadid, is plotting some hot double-dates with him and Kim Kardashian West's half-sister.

'He has mentioned that a few times, and so has Gigi,' says Nick. 'I don't know. We'll play it by ear. I wouldn't be opposed to it.'

The ex-Jonas Brothers star, 22, isn't the only one to appreciate 19-year-old Kendall's charms. She's previously been linked to Justin Bieber, Harry Styles and F1 star Lewis Hamilton. Lucky girl.

Nick's had his fair share of high-profile romance, too. He dated Miley Cyrus when they were just 14, and has since been linked to Delta Goodrem and Rita Ora.

Last month, Nick announced that his two-year relationship with former Miss Universe model Olivia Culpo, 23, was over, although there are no hard feelings.

'I have all the love and respect in the world for Olivia and the ride we had; it's

just the right thing for me to be on my own,' he says.

Luckily for Nick, close pal Taylor Swift has been on hand to advise about matters of the heart.

'She's a very good friend with an awareness of how things work, which is helpful. It's always good to get a girl's perspective,' he says.

Taylor's boyfriend, DJ Calvin Harris, has been there for Nick, too – during workouts.

'We go to the same gym in LA,' says Nick. 'It's set up with two trainers and two clients at a time, so he works with his guy while I work out with mine.'

But Nick, who found fame with his siblings and their band The Jonas Brothers before they split in 2013, insists that he and Calvin, 31 – who's gone from techno geek to sex-god DJ – aren't six-pack rivals.

'Calvin and I have very different bodies. I'm smaller and more compact; he's tall and lean. We focus on different things, too, so it really isn't competitive.'

Anyone who saw Nick's performance at London's G-A-Y last week might be wondering if he's been on the heartbreak diet, as those famous muscles are smaller



Dapper Nick is back  
on the market...  
but for how long?



Gigi and Kendall –  
the Jonas boys could  
definitely do worse

than we remember.

'No, I'm fine,' says Nick, explaining that he's shed the pounds for the new series of gritty US drama *Kingdom*, in which he plays martial arts fighter Nate Kulina.

'It's part of the storyline, so I've leaned up a little bit. Since last season I've lost about 12lb by changing my diet and not doing as much bulking-up in the gym.'

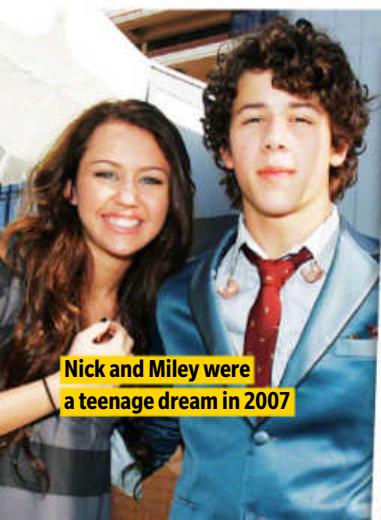
We're sure Nick's fans won't care either way. In fact, some of his 9.6m Twitter followers have been a touch insensitive in their celebration of his recent break-up.

'I feel for her [Olivia] in those cases. With social media, people don't realise that you might end up seeing it.'

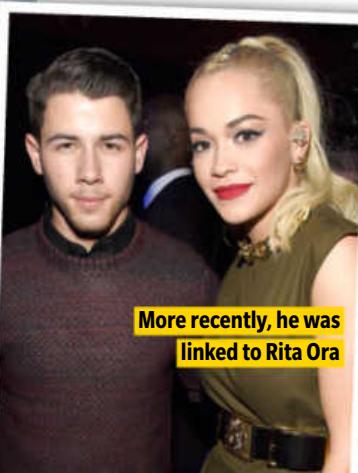
It's not the first time Nick's weathered a social media storm. Four months ago, he riled many of Zayn Malik's die-hard fans after joking about the singer's departure from One Direction at Nickelodeon's Kids' Choice Awards. He remains defiant, however, insisting, 'You can't get sucked into feeling bad about making lighthearted jokes. My brothers and I were the butt of a lot of these, and we never got offended.'

**Gemma Calvert**

Nick Jonas' self-titled album is out now



Nick and Miley were  
a teenage dream in 2007



More recently, he was  
linked to Rita Ora

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**Reveal beauty**

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**DRY SHAMPOO THAT CAN'T BE BEATEN**

Batiste Dry Shampoo, £2.99

We've flirted with other dry shampoos, but this really is the best of the bunch. Nothing blitzes greasy locks quite so effectively, and the choice of scents is endless.



# Reveal Summer BEAUTY AWARDS

We've tried and tested hundreds of beauty products to uncover the best of the best. Here are our winners...



Reveal *beauty*

# Hair CHAMPIONS



## SUNSHINE SAVIOUR

Pantene Pro-V Perfect Hydration UV Protection Spray, £6.99

Frazzled locks and colour fade are two of our ultimate holiday hair mares, but this double-duty spritz fights off both. It's not heavy or greasy like other sprays we've tried. Just pop on to dry or damp hair before hitting the sun lounger.

## WAVE-BOOSTER WE LOVE

TRESemme Perfectly (un)Done Wave Creating Sea Foam, £5.50

Move over sea salt sprays, this achieves the kind of mermaid waves we really crave. Lighter and less 'crunchy' than a mousse, use it on damp hair then air dry. Just scrunch if yours is curly, or twist sections if it's naturally straight.



## GAME-CHANGING FRIZZ-FIGHTER

John Frieda Frizz Ease Forever Smooth Anti-Frizz Primer, £9.99

While most serums just coat the outside of strands, this gets deep inside, so fuzz is kept at bay all day. The effects develop over time so, with regular use, your locks will become more immune to frizz, too. Our testers with unruly barnets loved it.

Words: Amber Ascroft Photos: Scope Beauty/Carlo Moya/ACPSy, Studio 33



# Body HEROES





### ONE-NIGHT WONDER TAN

**Sienna X Instant Bronzing Gel, £12.95**  
Ideal for giving skin a speedy glam-over, this is splash-proof, not too orange and doesn't transfer on to clothes. Just wash it off in the shower at the end of the night.

### ON-THE-GO FUZZ FIGHTER

**Venus Snap with Embrace Razor, £9.99**

Forget disposables that can leave legs sore. This fits exactly the same skin-kind blades as an ordinary Venus razor, it just has a smaller handle and teeny portable case. Why did no one think of it before?!



### DEODORANT THAT WON'T FAIL YOU

**Dove Invisible Dry, £2.79**

This passed our 'commuting in a heatwave' test with flying colours. It doesn't leave marks on clothes or create a nasty powdery cloud when you spray it. The 'compressed' technology is genius, too.

### STAR BODY SCRUB

**Sanctuary Spa Cooling Glacial Scrub, £8**

You know a body beautifier's impressive if bikini babes Michelle Keegan and Kelly Brook rely on it! The girls love Sanctuary's line of exfoliators, but we think this new addition is the best yet.



### BEST GLEAM-GIVER

**Superdrug Solait Shimmer Oil, £7.99**

We've tried tons of similar products from high-end beauty brands, but this does the job for a fraction of the price. It hydrates, makes skin glisten and looks especially gorgeous when you're tanned.



### TOP BODY LOTION

**Nivea Q10 Plus Firming Body Lotion, £5.25**

We're sceptical about products that claim to 'firm skin', but there's no denying this delivers. Our testers noticed skin was smoother instantly and less wobbly within a fortnight. It has outstanding hydrating powers, too.



### PALE GIRLS' FAKE TAN

**Clarins Radiance-Plus Golden Glow Booster for Body, £26**

Bronzing products for fair skin are few and far between, but this really worked for our super-pale testers (one claims it's 'changed her life!'). Just mix a couple of drops with your favourite body moisturiser to build up a bespoke, confidence-boosting glow.



### SUN CREAM THAT NEVER LETS US DOWN

**Ultrasun Family, £25, Marks & Spencer**

Boasting skin experts' seal of approval, this really does live up to its 'once a day application' claims. With no top-ups required, it's cost-effective and works for the fussiest of skins. A real hero.



### AFTER-SUN SAVIOUR

**Hawaiian Tropic Silk Hydration After Sun, £13**

Packed with aloe vera, this delivers the ultimate 'ahh' feeling for sun-drenched skin. If you're anything like us, you'll catch yourself using it months after your getaway, too, thanks to its phenomenal moisturising powers.

### NO-FUSS FOOT-FIXER

**Micro Pedi Nano, £29.99**

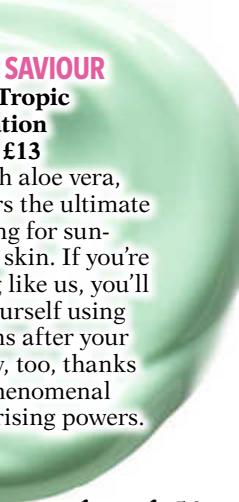
Try this super-powered tool once and you'll laugh at the thought of traditional foot files. Rolling it over feet for just a few minutes a week keeps hard skin at bay.



### ULTIMATE TANNING MOUSSE

**Cocoa Brown by Marissa Carter 1 Hour Tan Mousse, £7.99**

Say bye-bye to stained bed sheets – this develops in an hour (leave it on for three for a deeper colour) and it smells so good fans have called for a perfume to match! It's not streaky or drying either. No wonder Kylie Jenner loves it.



# 3 for 2

## on all Bourjois make-up plus free sunglasses

Get 4 points per £1



let's feel good

**Order by 6pm today and you can collect for free in store tomorrow from midday at 2,300 stores.**

3 for 2 on all Bourjois make-up cheapest item free, plus 1 free pair of sunglasses. 3 for 2 and free sunglasses offer available 8 July 2015 – 4 August 2015. Available in larger Boots stores, subject to availability. One pair of sunglasses per transaction while stocks last. For full terms and conditions about the order and collect service please visit [www.boots.com/ordertodaycollecttomorrow](http://www.boots.com/ordertodaycollecttomorrow). Geographical exclusions apply. Mon – Sat. Normal Advantage Card terms and conditions apply. See application form for details.



### SPACE-SAVING CHEEK KIT

**Makeup Revolution Blush, Bronze and Brighten Palette, £4, Superdrug**

Since discovering this three-in-one set, our travel bag's shrunk considerably. The bronzer isn't streaky, the highlighter's not too glittery and the blusher creates the kind of glow even supermodels dream of!

# Miracle MAKE-UP

### POWDER WE KEEP COMING BACK TO

**Rimmel London Stay Matte Pressed Powder, £3.99**

An oldie but goodie, this fends off shine better than any other powder we've tried. It doesn't look cakey, clog pores or cling to dry patches.



### POOL-PROOF MASCARA

**Maybelline Lash Sensational Lash Multiplying Mascara, £7.99**

When we asked a top celeb make-up artist to put new mascaras through their paces, this stole her heart despite being the cheapest. It finds lashes you didn't even know you had!



### MUST-PACK EYE PALETTE

**L'Oréal Paris Color Riche La Palette Nude Beige, £14.99**

The beauty aisles are filled with eye shadow sets, but this one's a smart choice whether you're on a budget or not. The shadows feel buttery soft and the colours work for everything from BBQs with your besties to cocktails at sundown.

### CONCEALER THAT COVERS ALL

**NARS Radiant Creamy Concealer, £22**

Make-up artists swear by this flaw-fixer, and for good reason. It can take on anything from huge spots to eye bags, but never looks 'overdone'. Fab shade range, too.



### BEACH CLUB LIPPIE

**Revlon Ultra HD Lipstick, £7.99**

We can't bear wearing chalky lipsticks when the heat is on, but sheer balms aren't always glam enough. Thanks to this gel formula (most lippies are wax-based), we no longer have to choose between colour and comfort. It's vivid yet hydrating – very clever.

### NO-CHIP NAIL POLISH

**Sally Hansen Miracle Gel Nail Polish, £9.99**

In our test of gel-effect polishes, this two-step system came out top. It stays glossy and chip-free for an entire week, and the colours are swoon-worthy.



# FREE SPRAY TAN FOR EVERY READER

Worth up to £24.99 each

**H**ere at the Tanning Shop, we know exactly how to keep you looking your best and feeling even better! For over 20 years, we've been growing our salon experience from a single salon in Ireland, to branches all over the UK. From Manchester to Brighton, we work hard to give you the best service, and are now Britain's No.1 tanning company!

With us, you get great value and a luxurious tan at the same time. Our experts are on hand to help and advise you on how to use our wide range of world-renowned sunbeds. Visit your local store and let one of our experts guide you through your very own tanning plan, working with your skin type, tone and ideal outcome.

## HOW TO REDEEM FOR YOUR FREE SPRAY TAN, TAKE THIS COUPON INTO THE TANNING SHOP.

*The coupon is valid until 30/09/2015.*

- Free automated spray tan at over 40 locations at the Tanning Shop.
  - Choice of shades
  - Revolutionary spray technology
  - Private booth for complete privacy
  - To find your nearest store, visit [thetanningshop.co.uk](http://thetanningshop.co.uk)

**FREE SPRAY  
TANNING  
SESSION AT THE  
TANNING SHOP**



**TERMS AND CONDITIONS** 1 voucher per customer, only available at participating stores, must be 16 or over.

Get the perfect tan to suit you!



### BEST DAY CREAM

#### No7 Protect and Perfect Intense Advanced Day Cream, £24.95, Boots

Face moisturisers aren't hard to come by, but few offer the skin-transforming benefits of this one. Our testers' skin started to look more youthful within weeks. While it's targeted at those over 35, you'll adore its plumping, smoothing effects at any age.



# Skin SUPERSTARS



### EMERGENCY SPOT FIX

#### Shiseido Ibuki Multi Solution Gel, £30

Yes, this is pricey, but one pot lasts for months! A 'solve anything' essential, the lightweight gel made our testers' blemishes vanish overnight and reduced redness, bumps and clogged pores.



### OVERNIGHT GLOW-BOOSTER

#### James Read Sleep Mask

#### Tan Face, £25

We all feel more confident when our cheeks are a little sun-kissed, and this is the perfect shortcut. Pop it on before bed and wake up to smoother, glowier skin. It even worked for our blemish-prone testers.



### MEGA SUNSCREEN FOR FACE

#### La Roche-Posay Anthelios XL Ultra-Light Fluid SPF 50, £16.50

Recommended by every dermatologist we speak to, this is hydrating enough for dry skin yet suitably lightweight if you're oily. You don't need to worry about stinging peepers or irritation, and it works perfectly under make-up.



### SPEEDY LIGHTWEIGHT BASE

#### Bare Minerals Complexion Rescue Tinted Hydrating Gel Cream, £26

We love the idea of tinted moisturisers, but most just don't do their job, requiring day cream underneath first. This is the exception. Slap the hydrating formula on in seconds and your skin will look radiant and more even, without greasiness. Impressive shade range, too.



### CLEANSER THAT TAKES OFF EVERYTHING

#### Simple Kind To Skin Micellar Cleansing Water, £4.99

All the beauty powerhouse brands launched a micellar water this year. They're designed to banish make-up and grime in seconds – no rinsing required.

This trumps the lot, removing even waterproof mascara.

Especially useful for the beach, plane and pool.

Shine so gorgeous  
I feel unstoppable.



## NEW TRESemmé OLEO RADIANCE

Restore dry, dull hair with our unique blend of pure salon oils. Nourish your hair from within, for gorgeous shine that won't weigh your hair down.

[tresemme.co.uk](http://tresemme.co.uk)

**TRESemmé**

PROFESSIONAL AT YOUR FINGERTIPS.

ULTIMATE CELEBRITY FRAGRANCE

Britney Spears Fantasy Intimate Edition, £23 for 30ml EDP, The Fragrance Shop

Britney's big in the fragrance world – one bottle of her original Fantasy perfume sells every 22 seconds in the UK, and this new variant deserves plenty of praise, too. It's more grown-up than the bottle suggests, with creamy vanilla, brown sugar and heliotrope, lifted by fresh ozonic notes.



# Scents OF SUMMER

SUITCASE-FRIENDLY FRAGRANCE

Chloe My Little L'Eau de Chloe, £30 for 20ml EDP

Travel-ready perfumes don't come cuter than Chloe's mini offerings, and this airy variant is our favourite of the trio. Lashings of rose, mixed with green patchouli and perky citrus notes make it fresh yet flirty.



HOLIDAY IN A BOTTLE

The Library Of Fragrance Piña Colada, £15, [thelibraryoffragrance.com](http://thelibraryoffragrance.com)

The ultimate post-holiday blues buster, just one spritz of this coconut blend will transport you to beaches, boozy cocktails and other getaway goodness. We can't help but love it.



STANDOUT SCENT FOR DAYTIME

Giorgio Armani Si, £42 for 30ml EDT

A lighter take on the original Si, this is the fragrance equivalent of a white linen dress. Easy-to-wear yet seriously chic, it's a cocktail of blackcurrant and freesia, while amber and vanilla soften things up. Just gorgeous.

STANDOUT SCENT FOR AFTER-HOURS

Calvin Klein Eternity Night Women, £50 for 50ml EDP

Sexy but understated – this has sun-drenched, salt-kissed skin written all over it. Think jasmine, one of the most sensual notes around, combined with wild berries, plum and creamy sandalwood.

A Reveal promotion

# Your body philosophies

Back in issue 26, we met Christina Smalley, 33, from Harpenden, who revealed that when it comes to body confidence, her mum Katherine Booth, 57, taught her that being healthy is the most important thing. Now mum to two-year-old Isla, Christina plans to pass on the message that no one is perfect – you have to be your own person. We asked you what your body philosophies are...



## WHEN LIFE GIVES YOU CURVES, flaunt them!

~ Saowanee Thongwai



## If you think old – you will be old before your time!

~ Susan Baines

EVERY SCAR, STRETCH MARK AND WRINKLE TELLS YOU A LIFE STORY  
*you're amazing*

~ Miriam Said



Loving yourself is the beginning of a lifelong romance

~ Plyphon Jones

## LOVE YOUR STRETCH MARKS

They're proof of the beautiful life you brought into this world

~ Toi Laknoi



BELIEVE YOU CAN, AND YOU'RE HALFWAY THERE

~ Ceri Forsdick

## TREAT YOUR BODY LIKE A TEMPLE

worship and treat it with respect

~ Sheena Read

Be proud of your individuality, it's what makes you special

~ Samantha Furniss

YOUR SKIN IS AMAZING and so cherish every bump, lump and scar

~ Lucy Pasifull

ENJOY THE SKIN YOU'RE IN. TAKE CARE OF YOURSELF. LOVE YOUR BODY.

~ Helen Nianias



Love and respect yourself and others will do the same

~ Rosalind Jolie



## WIN £250 VOUCHERS!

Through the Body Philosophy campaign, Bio-Oil has teamed up with Body Gossip – a charity that aims to inspire body confidence among young people – to take your advice into schools across the UK. So share your body philosophy with us to help make a difference and get the chance to win £250 of Love2Shop vouchers. For inspiration and to enter, visit [mybodyphilosophy.co.uk\\*](http://mybodyphilosophy.co.uk) or tweet us at #mybodyphilosophy

♥ Loved by Kim Kardashian West, Rochelle Humes and Sarah Harding, Bio-Oil is clinically proven to help improve the appearance of scars, stretch marks, uneven skin tone, ageing and dehydrated skin. Combining vitamin A and E, calendula, lavender, rosemary and chamomile, plus PurCellin Oil™, the Bio-Oil formulation is designed to maximise skin's elasticity.

My Body Philosophy supported by Superdrug



# WIN! £1,000 worth of fabulous beauty goodies

We want to know what you think of your online shopping experiences – and, to persuade you to tell us, we've got 10 beauty goodie bags, worth £100 each, to give away. Get in!

**I**t's that time of year again, when we ask you to tell us what you think of your online shopping experiences – and we've got 10 bulging beauty goodie bags, worth £100 each, to give away as an incentive!

We'd love to hear your experiences of buying online, plus what you rate or slate when it comes to one of our favourite subjects... celebrity style. Now's your chance to be heard!

We Brits spend around £100 billion annually online, and surfing the net for fashion has never been hotter, with brands reporting record sales.

So we decided to ask you, our fashion-savvy readers, what you love – and hate – about online shopping.

We want to know who provides the ultimate customer service, the most glamorous party dresses, the best heels, the hottest celebrity style, and where to find amazing bargains. If you're plus size, who gets it right? And who should be crowned the most stylish celebrity?

Tell us what you honestly think, and we'll publish the results in our online shopping guide in *Reveal's* 8 September issue.

Just go to [thissurvey.co.uk/reveal2015](http://thissurvey.co.uk/reveal2015) to vote for your winners (or name and shame the sinners!). Voting closes on 20 August 2015.

YOU CAN WIN A PAIR OF TICKETS TO OUR STAR-STUDDED FASHION AWARDS PARTY IN LONDON ON 7 SEPTEMBER – GET VOTING NOW!



Michelle or Millie – whose celeb style do you like best?



DOROTHY PERKINS



MISS SELFRIDGE



# Shop 'TIL YOU drop

WAREHOUSE



The hottest buys on the high street this week

- Top, £30, Miss Selfridge
- Skirt, £45, Miss Selfridge
- Necklace, from set, £8.50, Freedom at Topshop
- Bag, £30, Simply Be

## NEW LOOK



## OASIS



## RIVER ISLAND



## ZARA



## PRIMARK





- Gilet, £59.99, Zara
- Dress, £30, miaaan.com
- Necklace, £10, Matalan
- Bag, £48, Topshop
- Boots, £75, Schuh

## TOPSHOP





GAL GADOT @gal\_gadot

**FOLLOWERS: 400K**

If you haven't heard of Israeli mega-babe Gal Gadot yet, you soon will. In the next 12 months, the 30-year-old actress will star in the *Batman v Superman: Dawn of Justice* movie alongside Ben Affleck, and will play Ryan Reynolds' character's wife in the film *Criminal* – which means she'll possibly post pictures of him, too. #enoughsaid.

**EMILY RATAJKOWSKI**

@emrata

**FOLLOWERS: 2.8M**

OK, so Emily, 24, isn't strictly a new girl crush, as we've been stalking her ever since that Robin Thicke *Blurred Lines* video with her silly dancing. But – helllooo! – did you see her in that bikini last week? Any excuse to add the *Gone Girl* and *Entourage* actress to our list!



# #INSTA

In between drooling over David Beckham here at Reveal HQ, we have a bunch of girl crushes we stalk, too. Here's our pick of the newest, coolest girls of Instagram...



**IZABEL GOULART**

@iza\_goulart

**FOLLOWERS: 2M**

This Brazilian model – a former Victoria's Secret Angel and an Armani favourite – turns us green with envy, yet we can't stop.looking.at.her! And we're not the only ones, as Coleen Rooney recently told us, I'm obsessed with Iza Goulart – she posts pictures of herself doing Pilates on Instagram and they're out of this world. I can't stop talking about her to my girl mates!

 **EMMA LOUISE**
**CONNOLLY**

@emmalouiseconnolly

**FOLLOWERS: 98.8K**

Made In Chelsea's Oliver Proudlock can't get enough of his Scottish model girlfriend, and one look at her Instagram will have you hooked, too. Emma - who models for Pretty Little Thing and Ann Summers - even garners more likes than her more famous boyfriend. Warning: you will spend all of your wages changing your wardrobe to match Emma's (just ask our Celebrity Editor and now-skint girl-fan, Emma Hunt).



# AGIRL crush



**GIGI HADID** @gigihadid

**FOLLOWERS: 4.6M**

She has the coolest crew in Tinseltown, whether she's casually sunbathing on a super yacht with fellow model Kendall Jenner, or hanging backstage at BFF Taylor Swift's gig. But we reckon Gigi's curvier bod and laid-back look make her so much cooler than her pals (and that's our excuse when we rock up late for work, make-up free and stuffing our face with a chocolate croissant).

**RUBY ROSE** @rubirose**FOLLOWERS: 3.9M**

Super edgy, yet innocently cute all rolled into one, there's something about Orange Is The New Black star Ruby Rose, 29, that we can't get enough of. She may look full of attitude, with her tattoos and sharp crew cut, but her Instagram proves she's a softie on the inside, with snaps of her beautiful girlfriend, Roald Dahl's granddaughter, Phoebe, and their cats. She's also boosted OITNB ratings and her naked scene got her name trending on Twitter.

Rebecca Greenow



# WIN YOUR Dreams!

## **What made you join the Dream Bingo site at [dreambingo.com](http://dreambingo.com)?**

I think it was an offer or something. Actually, Dream Bingo is one of the first sites I joined. I've been on it quite some time, it's one of the older sites.

## **What is it you like about the site?**

Well, because I win... [Laughter] No, because I get the bonus bucks. It's a good site from that perspective. It seems to be quite a higher percentage of wins on Dream Bingo.

## **You weren't online when you won the car. How did you find out and how did it feel?**

Um... Disbelief. Surreal. I spoke to Divan, from the Dream Bingo support team, and he told me, "You won a car!" and I went, "Yeah, right." I thought it was another cold call.

## **What did you do with your prize, a brand new VW Beetle?**

I gave it to my daughter, Molly, as a nice 18th birthday present.

## **What did you do for the past few months, after hearing you'd won?**

Waiting. [Laughter] An awful, awful lot of waiting! I've never won anything. Ever.

## **Were you going to get Molly a car for her 18th?**

No. We couldn't afford it.

## **How would you describe Dream Bingo to a friend?**

[Laughter] Definitely worthwhile!

## **What do you do for a living?**

I'm a mum of three! I used to work for an agency up the road, working in recruiting.

## **What is your favourite slot on Dream Bingo?**

Gold Factory and Fish Party. Fish Party is a good one, the first time I played that I won 250 quid! I was like, "Oooo, my God!"

## **Have you submitted your dreams on Dream Bingo? What were they?**

If me and my partner, Mick could get married on a nice beach somewhere – get married and a honeymoon in one. A beach wedding in the Seychelles or somewhere like that.

## Tell us your dream for a chance to win it!

Sign up to Dream Bingo and tell us your dream for a chance to win it\*

Visit [dreambingo.com/reveal](http://dreambingo.com/reveal)



DreamBingo

Sign up to Dream Bingo and play with £60 when you deposit £10\*

\*Terms & Conditions apply. 18+, always gamble responsibly.



## **How did you feel when you saw the Dream Bingo team outside?**

I couldn't believe it, until I saw the car on the road, I thought it was a scam. When we saw them outside, we got so excited because we had both said if we had money we would get Molly a car.





# Dr Phil

TV's Dr Phil Hammond answers your questions and gives it to you straight on the big health issues

## FORTY WINKS FOR HEALTH

Can poor sleep cause dementia?

*Clare, Sheffield*

Dementia is likely to have lots of different causes, so it's hard to pin it solely on bad sleep. However, sleeping badly may well increase your risk of dementia, as it does for many other diseases. Good sleep acts as a cleanser for the brain, washing out the junk that builds up during the day. If you sleep badly over long periods, it increases your risk of dying before your time from heart disease and stroke, and recent studies have suggested that it leads to a build-up of proteins that have been linked to Alzheimer's disease.



**Trust me – I'M A DOCTOR**

Is it healthy to eat my placenta?

*Ciara, Chigwell*

There's a growing trend for women to eat their placenta after birth, whether raw, cooked, liquidised or taken as a pill. However, there is no supported evidence that it does you any good, despite some people claiming that it can improve energy levels, help you bond with your baby and reduce post-natal anxiety and depression. And there have been no recognised studies regarding whether it causes you any harm. So it all comes down to personal taste. If you do go for it, add plenty of seasoning!

## HEADING SOUTH

**THE Sex QUESTION**

Is cunnilingus the best way to make my partner come?

*Mike, Leeds*

If your partner likes oral sex and you're good at it, it can be very successful. However, some women find it overly tickly, and may be a little self-conscious about personal hygiene and how tidy things are down below. And some men overdo the oral sex and slurp like a thirsty Labrador! The best way to make your partner orgasm is to look and listen to her, be in the moment, be guided by her and to take your time. If you discover her clitoris, be sure to treat it very gently.

## ON A STROLL

Is walking as good for me as going to the gym?

*Abbie, Bristol*

Yes! Walking is great – it's free, easy and almost anyone can do it. The trick is to go as fast as you can, as your walking pace is a good indicator of how healthy you are. Going to the gym will tone up more muscle groups and improve your strength and flexibility, but you could opt to do exercises at home if you have the discipline. However, if you're very busy and short of time, fast walking is an excellent choice.

## STANDING ORDER

Is sitting down really bad for you?

*Liz, Kent*

It is if you do it for long periods every day, because it increases your risk of heart disease and diabetes. A lot of people are learning to work and type standing up, and you should try to be on your feet at least two hours a day even if you work in an office. Ask your manager if you can try out a standing workstation. At the very least you should have regular breaks so you can walk around. If you're really lucky, you'll have somewhere to escape outside for a bit of Vitamin D from the sunlight.

HAVE YOU GOT A QUESTION FOR DR PHIL? EMAIL HIM AT [dr.phil@revealmagazine.co.uk](mailto:dr.phil@revealmagazine.co.uk)

FOR DR PHIL'S TOUR DATES AND NEW BOOK, STAYING ALIVE, GO TO [drphilhammond.com](http://drphilhammond.com) Dr Phil regrets that he cannot reply to emails personally

FOLLOW DR PHIL ON TWITTER @drphilhammond. FOR MORE DR PHIL NEWS, GO TO [drphilhammond.com](http://drphilhammond.com)

# new juicy goodness and baby brekkies

Our scrummy new ranges of drinks and improved breakfast cereal recipes are bursting with exciting flavours and packed with lots of good stuff - so you know we have done our best for your baby.



grow happy™ with



\*only naturally occurring sugars from fruit, milk & cereals

# Super speedy pasta!

A classic Italian dish made simple

**W**hen looking for a fast and filling dinner you can't beat a bowl of pasta. Jamie Oliver's mentor, chef Gennaro Contaldo, has been making and cooking pasta for more than 50 years, making him the perfect chef to show you how to whip up something delicious fast.

While carbonara is a ready-meal favourite, it tastes so much better when you make it from scratch. Gennaro's easy 10-minute recipe uses mostly store cupboard ingredients and is enough to feed two comfortably, especially if you serve it with some home-made garlic bread and a fresh Italian-inspired salad on the side.

## CLASSIC SPAGHETTI CARBONARA

Serves 2

Total time: 10 minutes

### INGREDIENTS

- 3 large free-range egg yolks
- 40g Parmesan cheese, plus extra to serve
- Sea salt and freshly ground black pepper
- 150g piece of higher welfare pancetta
- 200g spaghetti
- 1 clove of garlic, peeled
- Extra virgin olive oil

### METHOD

- Put the egg yolks into a bowl, grate in the Parmesan, season with pepper, then mix well with a fork and put to one side. Cut any hard skin off the pancetta and set aside, then chop the meat.
- Cook the spaghetti in boiling salted water

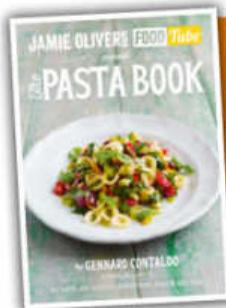
**TIP**  
Use ready sliced quality pancetta if you can't buy it in one piece. It's traditional to use spaghetti in this recipe, but bucatini or rigatoni are just as good



until al dente. Rub the pancetta skin, if you have any, all over the base of a medium frying pan (or use 1tbsp of oil instead), then place over a medium heat. Crush the garlic clove with your palm, add to pan to flavour the fat for a minute. Stir in the pancetta, cook for 4 mins, or until it crisps up.

→ Pick out and discard the garlic from the pan, then, reserving some cooking water, drain and add the spaghetti. Toss well over the heat to soak up all that lovely flavour, then remove pan from heat. Add a splash of the water and toss well, season with pepper, then pour in the egg mixture

– the pan will help to cook the egg gently. Toss well, adding more water until it's lovely and glossy. Serve with a grating of Parmesan and an extra twist of pepper.



**The Pasta Book**  
by Gennaro Contaldo  
is published by  
Penguin Random  
House in Jamie  
Oliver's Food Tube  
Books series, £7.99

# 7 days

REVEAL'S CARENA CRAWFORD PICKS THIS WEEK'S TV HIGHLIGHTS

## THE CUBE

Famous faces are giving the big plastic box a run for its money in a new batch of celebrity specials. Phillip Schofield is there to support the stars as they take on games that seem simple – until they get inside the box and begin to feel claustrophobic. Comedian Katherine Ryan (pictured with Phil) is hoping her sense of humour and sparky spirit will help her win big. Ex-footballer Fabrice Muamba is one tough guy, which he proved when he survived after his heart stopped for 78 minutes during a match. Can he take on The Cube and beat that, too?

ITV, SATURDAY 1 AUGUST, 8.30PM



## I AM CAIT

We had an exclusive first look at this new series, which follows Caitlyn Jenner becoming a transgender woman, and can confirm it's heart-wrenching stuff. You see Caitlyn struggling to sleep as the weight of her life-changing decision hits home and affects those closest to her, including Kim Kardashian West and Kylie Jenner. Some are happier than others with Caitlyn but she also embarks on a mission to make a difference and use her celebrity status to highlight the plight of transgender people everywhere.

E!, SUNDAY 2 AUGUST, 9PM



## THE GREAT BRITISH BAKE OFF

We're back in the Bake Off tent in deepest Berkshire with the delicious Mary Berry and tasty Paul Hollywood as 12 new bakers try to prove they're the best. Scrummy Sue Perkins and Mel Giedroyc are on-hand to help out and provide a shoulder to cry on as the contestants sweat it out and show off their creativity in the kitchen. We start with cakes, and they must make a Madeira cake for their signature challenge – will they stick to a classic recipe, or reinvent it? The first technical sees them faced with Mary's frosted walnut cake, and the showstopper sees them tackle a Black Forest Gâteau. It has it all – chocolate, cherries and cream, but can they make the retro favourite current again?

BBC ONE, WEDNESDAY 5 AUGUST, 8PM

## DON'T MISS

Larry Lamb joins *New Tricks* for its 12th and final series on Tuesday 4 August, BBC One, at 9pm. First up, the Unsolved Crime and Open Case Squad have to confront some skeletons from Gerry Standing's closet.



SERIES PREMIERE  
I AM CAIT  
SUNDAY AUG 2 9pm



## SEX IN CLASS

Britain has the highest teenage pregnancy rate in Western Europe, sexually transmitted infections are rising, and 70 per cent of teens believe porn is a reliable source of information. Sex educator and UNFPA Goodwill Ambassador Goedele Liekens wants to change that by dragging our sex education into this century. Believing sex should be taught properly and comprehensively has led to her campaign to improve teaching and introduce a sex GCSE. As she works with year 11 students to pilot different modules, does the idea have potential?

CHANNEL 4, THURSDAY 6 AUGUST, 9PM

## THIS WEEK'S SOAP HIGHLIGHTS

### *EastEnders*



### PHIL BEATS VINCENT

Phil is furious when Vincent changes the name of The Albert to 'Pearl's'. He later catches Vincent unaware and gives him a beating, telling Vincent never to disrespect him again. Vincent returns home battered and bruised, but when he refuses to tell Kim how it happened, she chucks him out. Claudette warns her son not to seek revenge on Phil. Will Vincent listen?

EASTENDERS, BBC ONE, MON & FRI, 8PM, TUE & THU, 7.30PM

### CALLUM'S TRUE COLOURS

Sarah is at Callum's with Max, but when a badly beaten Gemma arrives, Max is sent to his room. Gemma lets slip that Cal once covered up for Bethany, then Max comes out holding a gun. Callum arrives home and Sarah tells him they're done, but when Cal shows her photos of Beth acting as a drug mule, Sarah realises she's in trouble.

### *Coronation Street*



CORONATION STREET, ITV, MON & FRI, 7.30PM & 8.30PM, WED, 7.30PM

### *Emmerdale*



### DISASTER ON DEBBIE'S BIG DAY

Debbie is hoping nothing will spoil her and Pete's wedding and asks Cain to sort Ross out for her. Ross has Deb confessing to their affair on a memory stick, and he's planning to play it at the ceremony. Debbie and Pete manage to say 'I do' without any hitches but, at the reception, things are about to take a turn...

EMMERDALE, ITV, MON-WED, 7PM, THU, 7PM & 8PM, FRI, 7PM

### THERESA DUMPS PATRICK

Theresa and Darren don't like the amount of time Maxine and Patrick are spending together as she helps her ex deal with his illness. Though Patrick's condition is deteriorating, he continues to pursue Maxine, making Theresa realise that something's not right in her relationship. And, when she sees Patrick with his former wife, she throws her drink at him in anger.

### *Hollyoaks*



HOLLYOAKS, CHANNEL 4, MON-FRI, 6.30PM



## 3D CAKES

There's been an overload of sweet treats for us this week but we're not complaining. This amazing 3D ice cream cone cake (Sainsbury's, £11) lasted approximately 10 seconds in the office – what can we say? We love a mid-week surprise. This toffee popcorn 'movie night' cake (Asda, £12) is also a firm favourite and went down a storm at our summer party!



£29.99, [lakeland.co.uk](http://lakeland.co.uk)

## SPIRALIZERS

Spiralizers are a hot topic of conversation in the *Reveal* office right now. Those who have one can't stop raving about the 'courgetti' leftovers they've brought in for lunch, while those who don't listen enviously nearby. So, what exactly is a spiralizer, we hear you ask? The must-have gadget transforms vegetables into spaghetti-style strands – a perfect low-carb alternative for your favourite dishes!

## YOU DESERVE A DRINK

BOOZY MISADVENTURES AND TALES OF DEBAUCHERY



of her boozy nights out, the US comic doesn't hold back as she unveils her wild adventures. The best part? For every disastrous date and crazy road trip she recalls, Mamrie shares a cocktail recipe. Invite the girls over and get reading! *You Deserve a Drink: Boozy Misadventures and Tales of Debauchery* ([amazon.co.uk](http://amazon.co.uk), £8.39)



## EMPIRE SOUNDTRACK

If, like us, the explosive series finale of *Empire* left you wanting more, then this soundtrack may be just what you need! Featuring the show's original music and performances from Courtney

Love and Jennifer Hudson, it's a must-have for fans. *Empire: Original Soundtrack Season 1* ([amazon.co.uk](http://amazon.co.uk), £9.07)

*Olivia-Anne Cleary*

# BUZZ-O-METER

What's hot in the Reveal office this week

## YOUTUBE'S MAMRIE HART

We found ourselves laughing out loud when reading this hilarious collection of stories from YouTube star Mamrie Hart. A recollection of her boozy nights out, the US comic doesn't hold back as she unveils her wild adventures. The best part? For every disastrous date and crazy road trip she recalls, Mamrie shares a cocktail recipe. Invite the girls over and get reading! *You Deserve a Drink: Boozy Misadventures and Tales of Debauchery* ([amazon.co.uk](http://amazon.co.uk), £8.39)

## HONEYDUKES

Still waiting to receive your Hogwarts acceptance letter? You're not alone! But until that magical day arrives, you may have to settle for the next best thing – the Warner Brothers Harry Potter Studio Tour. Why not take a break from the Muggle world and step aboard the Hogwarts Express. You can even buy a treat from the Honeydukes trolley. We opted for Chocolate Frogs and Bertie Bott's Every Flavour Beans. Amazing, right?!

*Warner Bros. Studio Tour, London. Adult tickets, £33. Visit [wbstudiotour.co.uk](http://wbstudiotour.co.uk) for booking information*



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## Travel & Holidays



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# Love it!



## FAVE... HOLIDAY DESTINATION

It has to be Dubai, it just has so many special memories for me. I had my amazing hen do there, and it's also where I got engaged to Mark [Wright]. I also spent New Year out there, because my friends are lucky and live there. It's just a really special place that I like to visit whenever I can.

## HIGH STREET SHOP

I love Zara! It's the shop I can rely on to find a good outfit or a last-minute buy. I also love Lipsy – it has the best sportswear that I wear to the gym, and obviously I like to wear my own collection, as it's just my style.



## ALL-TIME MEMORY

Apart from my wedding, my hen do in Dubai. All the Essex and Manchester girls came together and we all got on really well, so it was a laugh from start to finish. I had 30 hens in the end, so it's great we all got along. It was unreal – we had the best time.

## TAKEAWAY?

Indian. It's always my takeaway of choice and I go for the same order every time: chicken korma, peshwari naan, pilau rice, mushroom saag and poppadoms. I don't really like spicy food, so I go for a creamy dish.



Actress **Michelle Keegan**, 28, gives us the secret to her washboard stomach but confesses to not passing up the occasional chicken korma

## WORKOUT DVD?

Got to be *8-Min Abs* on YouTube, at level 2. I do it once a week. It used to be more, but now I go to the gym a lot, so I don't do it as much. It's great, though, and easy to fit into your day.



## TV SHOW?

*Don't Tell The Bride* is my all-time fave. Even before I got married, I loved it and used to watch it all the time.

## BEST PIECE OF ADVICE TO GIVE

Fashion-wise, I would say, always feel comfortable in what you're wearing, no matter what people say. When you feel comfortable, you will look confident, and that's the most important thing.



## GYM ESSENTIALS

Headphones and water. I have to listen to music when I work out, it keeps me motivated.



## BUDGET BEAUTY BUY

You can't go wrong with a Rimmel eyeliner, it's so affordable and really good – in my make-up bag at all times.

*Michelle Keegan at Lipsy's AW15 collection is available now at [lipsy.co.uk](http://lipsy.co.uk)*



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